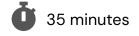


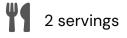




Beef Steaks with Roasted Veggies and Caper Sauce

Luscious beef steaks served with a roast veggie medley, fresh salad and a tangy caper sauce.







Spice it up!

Add a pinch of cumin seeds or a splash of balsamic to the veggies before roasting for a new twist. Or stir some Dijon mustard into the caper sauce for extra zing.

TOTAL FAT CARBOHYDRATES

12g

FROM YOUR BOX

CARROTS	2
PARSNIP	1
RED ONION	1
CAULIFLOWER BLOSSOMS	1 punnet
CAPERS	1 jar
GARLIC	1 clove
BEEF STEAKS	300g
томато	1
MESCLUN LEAVES	1 bag

FROM YOUR PANTRY

oil for cooking, salt, pepper, olive oil, smoked paprika

KEY UTENSILS

large frypan, oven tray

NOTES

*Note: Cauliflower is currently unavailable and has been replaced with cauliflower blossoms, carrots and parsnips.

Switch up the caper sauce for caper butter. Use softened butter instead of olive oil.

Dress the salad with a little olive oil and vinegar if desired.





1. ROAST THE VEGGIES

Set oven to 220°C. Cut carrots and parsnip into bite-sized pieces. Wedge red onion. Toss on a lined oven tray with oil, 2 tsp smoked paprika, salt and pepper. Roast for 10-15 minutes.

Toss **cauliflower blossoms** with **oil**, add to tray and roast for further 10 minutes.



4. PREPARE THE SALAD

Dice **tomato**. Add to a bowl with **mesclun leaves**. Toss to combine (see notes).



2. MAKE THE CAPER SAUCE

Meanwhile, drain and rinse capers (see notes). Roughly chop and add to a bowl along with crushed garlic, 1/4 cup olive oil and pepper. Mix to combine.



3. COOK THE STEAKS

Heat a frypan over medium-high heat. Coat steaks with oil, salt and pepper. Add steaks to frypan and cook for 2-4 minutes each side or until cooked to your liking. Remove to rest.



5. FINISH AND SERVE

Divide roasted vegetables among plates with tossed salad and steak. Drizzle caper sauce over steak.





