



**Product Spotlight:
Capers**

Capers are little flower buds! They come from the Flinders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into little flavour bombs with a nice hit of salt and acid.



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.



35 minutes



2 servings



Beef

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	21g	12g

FROM YOUR BOX

CARROTS	2
PARSNIP	1
RED ONION	1
CAULIFLOWER BLOSSOMS	1 punnet
CAPERS	1 jar
GARLIC	1 clove
BEEF STEAKS	300g
TOMATO	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.



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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.



5. FINISH AND SERVE

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



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.

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