



Product Spotlight: Thyme

To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold it upside down and firmly slide the leaves down.



Garlic Beef Steaks

with Whipped Cauliflower and Thyme Oil

Beef steaks cooked with crushed garlic, umami-packed sautéed mushrooms and whipped cauliflower (that even the fussiest eaters won't say no to!), served with a fresh thyme oil.



30 minutes



2 servings



Beef

Make a pan sauce!

Instead of thyme oil, make a pan sauce! Coat steaks in oil, salt and pepper and cook. Remove steaks from pan. Reduce heat to low, add crushed garlic, thyme and 1 tbsp butter. Cook for 2 minutes and drizzle over steaks.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	49g	30g	47g

FROM YOUR BOX

CAULIFLOWER	1
THYME	1 packet
GARLIC CLOVE	1
BEEF STEAKS	300g
BUTTON MUSHROOMS	150g
MESCLUN LEAVES	60g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, soy sauce (or tamari)

KEY UTENSILS

frypan, saucepan, stick mixer (or food processor)

NOTES

Boil the kettle and use hot water in the saucepan to speed up this step.

Steam the cauliflower if you prefer!

Add parmesan, feta or cheddar cheese to the whipped cauliflower for extra flavour if desired.



1. COOK THE CAULIFLOWER

Roughly chop **cauliflower**, including stems (see notes). Add to a saucepan and cover with water. Bring to a boil for 10 minutes until cauliflower is soft. Drain cauliflower and return to saucepan.



2. MAKE THE THYME OIL

Pick **thyme** leaves from 1/2 packet. Whisk together in a bowl along with 1/2 crushed **garlic** clove (reserve remaining for step 3), **2 tbsp olive oil**, **2 tsp vinegar**, **salt and pepper**.



3. COOK THE STEAKS

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



4. SAUTÉ THE MUSHROOMS

Halve or quarter **mushrooms**. Add to pan as you go along with **2 tsp soy sauce** (add more **oil** to pan if needed). Cook for 5-7 minutes, stirring occasionally, until browned. Season with **pepper** to taste.



5. WHIP THE CAULIFLOWER

Use stick mixer to blend cauliflower until smooth. Stir in 1-2 tbsp picked thyme leaves (see notes). Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Spoon whipped cauliflower onto plates. Top with steaks and mushrooms. Spoon over thyme oil (to taste) and serve with fresh **mesclun leaves**.



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