



### Product Spotlight: Pepitas

Pepitas are the edible seeds of a pumpkin without the shell and are a good source of protein!



## Golden Turmeric Cauliflower with Beef Steaks

Cauliflower roasted until tender with turmeric and cumin then layered on plates with fresh rocket. Served alongside steaks with a drizzle of lemon garlic yoghurt and finished with pepita seeds.



35 minutes



2 servings



Beef

## Different Flavours

*Change the flavours and rub the steaks with a herb such as dried tarragon. Serve with whipped or mashed cauliflower and fresh rocket leaves.*

Per serve: **PROTEIN** 44g **TOTAL FAT** 27g **CARBOHYDRATES** 13g

## FROM YOUR BOX

LEMON	1
CAULIFLOWER	1/2
NATURAL YOGHURT	1 tub
GARLIC CLOVE	1
PEPITAS	40g
BEEF STEAKS	300g
ROCKET LEAVES	60g

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric, cumin seeds (or ground cumin)

## KEY UTENSILS

oven tray, large frypan

## NOTES

Make cauliflower rice and sauté in a frypan with spices and lemon if you prefer not to use the oven!



### 1. ROAST THE CAULIFLOWER

Set oven to 220°C. **Zest lemon to yield 1/2 tsp** and set aside for step 2.

Cut **cauliflower** into small florets and **halve lemon**. Toss together on a lined tray with **oil, 1 tsp turmeric, 1–2 tsp cumin seeds, salt and pepper**. Roast for 20 minutes or until tender and golden.



### 4. COOK THE STEAKS

Rub **steaks** with **oil, salt and pepper**. Cook in the frypan for 3 minutes on each side or until cooked to your liking. Set aside to rest.



### 2. MAKE THE GARLIC YOGHURT

Combine **yoghurt** with **1/2 tsp lemon zest, crushed garlic, 2 tbsp water, salt and pepper**. Set aside in the fridge until serving.



### 3. TOAST THE PEPITAS

Toast **pepitas** in a large dry frypan for 2–3 minutes over medium-high heat. Transfer to a serving bowl. Reserve frypan over medium-high heat.



### 5. FINISH AND SERVE

Layer **cauliflower** with **rocket leaves** and **pepitas** onto serving plates. Slice and add **steaks** on top, drizzle with **garlic yoghurt sauce** and **juice from the roasted lemon**.



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