




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** 39g **TOTAL FAT** 54g **CARBOHYDRATES** 24g

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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