




### 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 Caper Sauce

Tender beef steaks served with sweet honey-roasted beetroot, cauliflower and sweet onion, tossed through fresh mesclun leaves and finished with a bright, tangy caper sauce.

 40 minutes

 Beef

 4/6 servings

### 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.*

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	13g	15g
4/6 Person:			

## FROM YOUR BOX

	4 PERSON	6 PERSON
RED ONION	1	1
BEETROOTS	2	3
CAULIFLOWER	1	2
CAPERS	1 jar	1 jar
GARLIC CLOVES	1	2
BEEF STEAKS	600g	600g + 300g
HONEY	1 shot	2 shots
MESCLUN LEAVES	120g	120g + 60g

## FROM YOUR PANTRY

oil for cooking, salt, pepper, olive oil, smoked paprika, ground coriander, red wine vinegar

## KEY UTENSILS

large frypan, oven tray

## NOTES

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

Add toasted pine nuts or almonds for extra crunch and nuttiness.



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### 1. ROAST THE VEGGIES

Set oven to 220°C. Wedge **red onion and beetroot**, cut **cauliflower** into florets. Toss on a lined oven tray with **oil, 3 tsp smoked paprika, 2 tsp coriander salt and pepper**. Roast for 25–30 minutes until vegetables are tender.

**6P** – add 1 tbsp smoked paprika and 3/4 tbsp coriander. Use cauliflower to taste.



### 4. TOSS THE SALAD

Squeeze **honey** over **roasted veggies**. Add to a large bowl along with **mesclun leaves** and **2 tsp vinegar**. Toss to combine (see notes) and season to taste with **salt and pepper**.

**6P** – add 1 tbsp vinegar



### 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.

**6P** – add 1/3 cup olive oil



### 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

Slice **steak** (optional).

Divide **roast vegetable salad** among plates. Add **steak** and spoon on **caper sauce**.

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