



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



4/6 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

	4 PERSON	6 PERSON
LEMON	1	1
CAULIFLOWER	1	1 1/2
NATURAL YOGHURT	1 tub	2 tubs
GARLIC CLOVE	1	2
PEPITAS	40g	2 x 40g
BEEF STEAKS	600g	600g + 300g
ROCKET LEAVES	60g	2 x 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, 2 tsp turmeric, 2 tsp cumin seeds, salt and pepper**. Roast for 20 minutes or until tender and golden.

6P – zest lemon to yield 1 tsp. Use 3 tsp turmeric and 3 tsp cumin seeds.



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.

6P – combine yoghurt with 1 tsp lemon zest, crushed garlic, 3 tbsp water, salt and pepper.



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**.



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.



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