



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Cauliflower Steaks

with Tomato Pearl Couscous

Roast cauliflower steaks served over a buttery pearl couscous with sautéed onion, garlic, and cherry tomatoes. Topped with yoghurt, crunchy almonds, and a fresh mesclun salad.



35 minutes



Vegetarian



4/6 servings

FROM YOUR BOX

	4 PERSON	6 PERSON
PEARL COUSCOUS	300g	300g + 150g
CAULIFLOWER	1	1 1/2
BROWN ONION	1	1
GARLIC CLOVE	1	2
CHERRY TOMATOES	2 x 200g	3 x 300g
MESCLUN	120g	120g
NATURAL YOGHURT	1 tub	1 tub
ALMONDS	40g	2 x 40g

FROM YOUR PANTRY

oil for cooking, salt and pepper, butter, ground coriander (optional)

NOTES

You can bulk up the dish with extra vegetables if preferred. Sliced capsicum, mushrooms or zucchini work well with the pearl couscous.

No gluten option – pearl couscous is replaced with white quinoa. Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse. Drain quinoa for a minimum of 5 minutes or press down in a sieve to squeeze out excess liquid.

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1. COOK THE COUSCOUS

Set oven to 220°C.

Bring a saucepan with water to a boil. Add **pearl couscous** and cook for 8 minutes or until tender but still firm. Drain and rinse in cold water.

2. ROAST THE CAULIFLOWER

Combine **1 tbsp ground coriander** (see tip) with **2 tbsp olive oil, salt and pepper**. Carefully cut **cauliflower** into 4–6 steaks and place on a lined oven tray with any broken **florets**. Rub **spice mix** over **steaks** and roast in oven for 20–25 minutes or until tender.

6P – use 1 1/2 tbsp ground coriander.

TIP *Swap coriander for ground cumin, smoked paprika, or a flavour paste like harissa for variation.*

3. SAUTÉ THE VEGETABLES

Heat a large frypan over medium–high heat with **oil**. Dice **onion**, crush **garlic**, and cook for 3 minutes until softened. Halve and add **tomatoes** (see notes). Cook for 5–7 minutes, breaking down as you go. Take pan off heat, stir in cooked **couscous** and **2 tbsp butter**. Season well with **salt and pepper** to taste.

6P – use 2–3 tbsp butter.

TIP *Add fresh parsley, or dried herbs like oregano or thyme. Stir in a little stock paste for extra depth.*

4. FINISH AND SERVE

Serve **cauliflower steaks** on a bed of **tomato couscous** and side of **mesclun leaves**. Dollop with **yoghurt**, chop **almonds** and use to garnish.

TIP *Dress the mesclun leaves with lemon juice or vinaigrette if preferred.*

This recipe has simplified instructions to help lower your meal cost.