




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.



G4 Beef Steaks with Roasted Cauliflower and Caper Sauce

Grass-fed beef steaks served with cauliflower roasted in smoked paprika, fresh salad and a tangy caper sauce.

 25 minutes

 4 servings

Beef

4 November 2022

Per serve: **PROTEIN** 37g **TOTAL FAT** 21g **CARBOHYDRATES** 12g

FROM YOUR BOX

| | |
|----------------|--------------|
| CAULIFLOWER | 1 |
| RED ONION | 1 |
| CAPERS | 1 jar |
| BEEF STEAKS | 600g |
| TOMATO | 1 |
| MESCLUN LEAVES | 1 bag (120g) |

FROM YOUR PANTRY

oil for cooking, salt, pepper, olive oil, smoked paprika, 1 garlic clove

KEY UTENSILS

large frypan, oven tray

NOTES

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

Dress the salad with a little olive oil and vinegar if desired.



1. ROAST THE CAULIFLOWER

Set oven to 220°C.

Cut cauliflower into florets. Wedge red onion. Toss on a lined oven tray with **oil, 3 tsp smoked paprika, salt and pepper**. Roast for 15–20 minutes until cauliflower is tender.



4. PREPARE THE SALAD

Dice tomato. Add to a bowl with mesclun leaves. Toss to combine (see notes).



2. MAKE THE CAPER SAUCE

Drain and rinse capers (see notes). Roughly chop and add to a bowl. Crush **garlic clove**. Add to capers with **1/4 cup olive oil** and **pepper**. Mix to combine.



5. FINISH AND SERVE

Divide roasted vegetables among plates with tossed salad and steak. Drizzle caper sauce over steak.



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.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

