



Product Spotlight: Cauliflower

Cauliflower is a good source of choline and vitamin C. Roasting it, as you do here, deepens the flavour and gives the florets crisp, golden edges.



Beef Steaks

with Lemon Roasted Cauliflower Salad

Cauliflower, purple carrot and shallot roasted with lemon zest, tossed with fresh parsley and a bright Middle Eastern-inspired dressing, served with seared beef steaks.



30 minutes



2 servings



Beef

Bulk it up!

Add some cooked pearl couscous, sorghum or legumes to the cauliflower salad to bulk it up.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	16g	20g

FROM YOUR BOX

LEMON	1
CAULIFLOWER	1/2
PURPLE CARROT	1
SHALLOT	1
BEEF STEAKS	300g
PARSLEY	1 packet
CELERY STICK	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, sumac, honey

KEY UTENSILS

frypan, oven tray

NOTES

If you don't have sumac, you can use ground coriander or lemon pepper.

Add toasted nuts or seeds such as almonds, walnuts, pistachios, pepitas or sunflower seeds to the salad if you have some in your pantry.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Zest lemon. Cut **cauliflower** into florets. Cut **carrot** into angular pieces and wedge **shallot**. Toss on a lined oven tray with **oil, lemon zest, 2 tsp cumin, salt and pepper**. Roast for 15–20 minutes until tender.



4. PREPARE THE SALAD

Finely chop **parsley leaves** (and tender stems). Slice **celery stick**. Add to **dressing** bowl along with **roasted vegetables** (see notes). Toss to combine.



2. MAKE THE DRESSING

Juice **lemon**. Add to a large bowl along with **1 1/2 tsp honey, 1 1/2 tsp sumac, 2 tbsp olive oil, salt and pepper** (see notes). Whisk to combine.



5. FINISH AND SERVE

Divide **roast cauliflower salad** among plates along with **steak** (slice if desired).



3. COOK THE STEAKS

Heat a frypan over medium-high heat. Coat **steaks** in **oil, salt and pepper**. Add to pan and cook for 2–4 minutes each side until cooked to your liking. Set aside to rest.

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