



### Product Spotlight: Cauliflower


Cauliflower is chock full of vitamins and minerals! It offers a good source of choline which assists in brain development, improving learning and memory!




## Beef Steaks

### with Lemon Roasted Cauliflower Salad

Deliciously low carb; cauliflower, beetroot and shallot roasted in lemon zest tossed with fresh parsley and a bright Middle Eastern-inspired dressing, served with seared beef steaks.

 30 minutes

 4 servings

 Beef

## Bulk it up!

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

Per serve: **PROTEIN** 38g **TOTAL FAT** 26g **CARBOHYDRATES** 25g

## FROM YOUR BOX

LEMON	1
CAULIFLOWER	1
BEETROOTS	2
SHALLOT	1
BEEF STEAKS	600g
PARSLEY	1 packet
CELERY STICKS	2

## 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 beetroots into angular pieces and wedge shallot. Toss on a lined oven tray with **oil**, lemon zest, **3 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 sticks. 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 **2 tsp honey, 2 tsp sumac, 3 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 steaks to pan and cook for 2–4 minutes each side until cooked to your liking. Set aside 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**

