



Steak and Cauliflower Rice

with parsley butter and veg

Calorie Smart 40-45 mins

11



Beef Rump



Onion



Balsamic Vinegar



Broccoli



Garlic



Parsley



Cauliflower

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Baking Sheet with Baking Paper, Grater, Pan with Lid

Ingredients

	2P	4P
Beef Rump	250 g	500 g
Onion	1 unit	2 units
Balsamic Vinegar	1 sachet	2 sachets
Broccoli	1 unit	1 unit
Garlic	1 unit	2 units
Parsley	5 g	10 g
Cauliflower	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	466 g	100 g
Energy (kJ/kcal)	1531.8 kJ/ 366.1 kcal	328.7 kJ/ 78.6 kcal
Fat (g)	16.3 g	3.5 g
Sat. Fat (g)	6.2 g	1.3 g
Carbohydrate (g)	18.2 g	3.9 g
Sugars (g)	10.1 g	2.2 g
Protein (g)	37.6 g	8.1 g
Salt (g)	0.2 g	0.1 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



You can recycle me!



Get Prepped

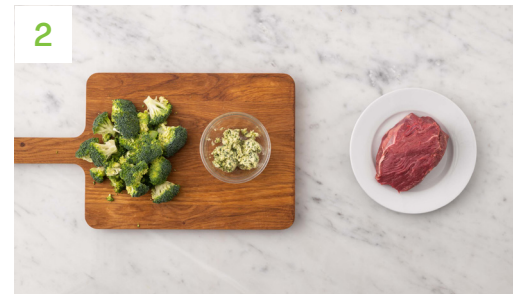
- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Quarter the **cauliflower**. Grate on the coarse side of your grater to make 'rice'.
- Halve, peel and quarter the **onion**, then separate the layers.
- Pop the **onion** onto a lined baking tray. Drizzle with **oil** and **balsamic vinegar**, then season with **salt** and **pepper**.
- When the oven is hot, roast on the top shelf until softened, 15-20 mins.

TIP: You can use a food processor to make the rice if you've got one.



Fry the Broccoli

- Return the (now empty) pan to medium heat with a drizzle of **oil**.
- Once hot, add the **broccoli** to the pan and fry for 2-3 mins, then add a splash of **water**.
- Pop a lid on the pan, or cover in foil, and cook until tender, 4-5 mins.
- Season with **salt** and **pepper**.
- Set the **broccoli** aside and wipe the pan.



Make the Parsley Butter

- Cut the **broccoli** into florets (like small trees). Halve any large florets.
- Peel and grate the **garlic** (or use a garlic press).
- Finely chop the **parsley** (stalks and all).
- Put 2 tbsp **butter** (double for 4) in a small bowl and mash with a fork until soft. Stir in the **garlic** and **parsley**. Set aside.
- Season the **steaks** with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw meat.



Make the Cauliflower Rice

- Return the pan to a medium-high heat with a drizzle of **oil** and a knob of **butter**.
- When hot, add the **cauliflower rice** and cook until slightly softened, 3-4 mins, stirring regularly.
- Remove from the heat.
- Season to taste with **salt** and **pepper**.



Cook the Steak

- Place a large pan over high heat with a drizzle of **oil**.
- Once hot, lay the **beef** into the pan. Fry until browned, 2-3 mins on each side.
- Lower heat to medium and cook for another 1-2 mins on each side if you want it medium-rare.
- Once done, remove from pan. Cover and allow to rest. Meat is safe to eat when outside is browned.

TIP: Cook for 1-2 mins extra on each side if you like it more well done.



Finish and Serve

- Divide the **cauliflower rice**, **broccoli** and roasted **onion** between plates.
- Slice the **steak** and serve alongside.
- Finish with a spoon of **garlic parsley butter**.

Enjoy!