






More than Food

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## Blackened Steak & Roasted Cauliflower Salad

with Israeli Couscous, Pickled Shallots, and Roasted Red Pepper

Roasting cauliflower brings a deep, nutty flavor to this traditional veggie. Tossed with some hearty Israeli couscous, sweet golden raisins, and tangy pickled shallots, this side dish almost steals the show. If you have a blender, our optional romesco sauce is a delicious twist that takes the meal to the next level.



40 min



level 2



dairy free



Sirloin Steak



Cauliflower



Red Bell Pepper



Shallot



Garlic



Israeli Couscous



Parsley



Golden Raisins



Sliced Almonds



Red Wine Vinegar



Hot Smoked Paprika

## Ingredients

	2 People	4 People
Sirloin Steak	10 oz	20 oz
Cauliflower	1 head	2 heads
Red Bell Pepper	1	2
Shallot	1	2
Garlic	2 cloves	4 cloves
Israeli Couscous	1) ½ C	1 C
Parsley	¼ oz	½ oz
Golden Raisins	1 oz	2 oz
Sliced Almonds	2) 1 oz	2 oz
Red Wine Vinegar	2 T	4 T
Hot Smoked Paprika	1 T	2 T
Olive Oil*	1 T + 2 t	3 T + 1 t

\*Not Included

## Allergens

1) Wheat

2) Nuts

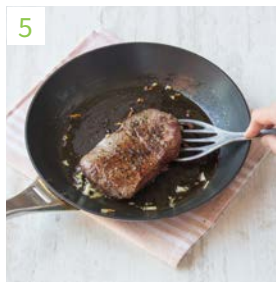
## Tools

Large Pot,  
Baking Sheet, Large Pan,  
Small Pot, Medium Bowl,  
Strainer, Blender (optional)

Ruler

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**Nutrition per person** Calories: 804 cal | Carbs: 70 g | Fat: 35 g | Protein: 56 g | Fiber: 11 g | Sodium: 157 mg



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**1** Preheat the oven to 400 degrees. Bring a large pot of **water** with a large pinch of **salt** to a boil. Pick the **parsley leaves** from the stems and discard the stems. Cut the **cauliflower** into bite-sized florets. Toss the **cauliflower** on one side of a baking sheet with **1 Tablespoon olive oil** and season with **salt** and **pepper**. Place in the oven for 20-25 minutes until soft and golden brown.

**2** Thinly slice the **shallot** into rounds. Smash **1 garlic clove** with the flat of your knife. Core, seed, and remove the white ribs from the **bell pepper**, then thinly slice. Halfway through cooking the **cauliflower**, toss the **bell pepper** with a drizzle of **olive oil** and a pinch of **salt** and **pepper** on the opposite side of the baking sheet with the cauliflower. Return to the oven for the remaining 10-12 minutes, until soft and slightly charred.

**3** Meanwhile, add the **Israeli couscous** to the boiling water and cook for 7-9 minutes, until al dente. Drain and rinse under cold water.

**4 Pickle the shallots:** in a small pot, bring **half the vinegar**, the **shallots**, and **⅓ cup water** to a boil. Remove from heat and let sit for 2-3 minutes, then remove the shallots from the pickling liquid.

**OPTIONAL step for romesco sauce:** mince the remaining **garlic clove**. In a blender, blend together the **roasted red peppers**, **almonds**, **minced garlic**, **remaining vinegar**, **half the paprika**, **⅓ cup water**, and **1½ Tablespoons olive oil**. Blend until smooth, then season with **salt** and **pepper**.

**5** Heat **1 teaspoon olive oil** in a large pan over medium heat. Add the smashed **garlic** to the pan and cook for 30 seconds, until fragrant. Remove and discard the **garlic**. Season the **steak** on all sides with **salt**, **pepper**, and **paprika**. Add the **steak** to the pan and cook for 4-7 minutes per side, until cooked to desired doneness. Set aside to rest for 5 minutes.

**6 Make the cauliflower salad:** in a medium bowl, toss together the roasted **cauliflower**, **Israeli couscous**, **golden raisins**, **parsley leaves**, **pickled shallot**, and, if you did not make the **romesco**, the **roasted red peppers** and **almonds**. Toss with a drizzle of **olive oil** and season with **salt** and **pepper**.

**7** Thinly slice the **steak** against the grain. Serve alongside the **cauliflower salad**. Drizzle the steak with the **romesco sauce** (if made) and enjoy!