



# SUMAC-PAPRIKA STEAK

with Tomato Chickpea Mash and Roasted Cauliflower

PRONTO



## HELLO SUMAC

A tangy ground spice, sumac is commonly used in Middle Eastern cuisine

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 477



Beef Steak



Smoked Paprika-Sumac Blend



Red Onion, chopped



Roma Tomato



Mint



Garlic



Cauliflower, florets



Chickpeas



Lemon



## BUST OUT

- 2 Baking Sheets
- Garlic Press
- Small Bowl
- Medium Non-Stick Pan
- Potato Masher
- Zester
- Measuring Spoons
- Salt and Pepper
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Beef Steak 340 g | 680 g
- Smoked Paprika-Sumac Blend 1 tbsp | 2 tbsp
- Red Onion, chopped 56 g | 113 g
- Roma Tomato 160 g | 320 g
- Mint 10 g | 10 g
- Garlic 10 g | 20 g
- Cauliflower, florets 285 g | 570 g
- Chickpeas 1 can | 2 can
- Lemon 1 | 2

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 145°F.



## START STRONG

Preheat the oven to **425°F** (to roast the cauliflower and finish steak). Start prepping when the oven comes up to temperature!



### 1 ROAST CAULIFLOWER

Wash and dry all produce.\* On a baking sheet, toss the **cauliflower** and **half the paprika-sumac blend** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 20-22 min.



### 4 BROIL STEAK

When the **cauliflower** is done roasting, remove from oven and cover to keep warm. Set aside. Turn on the oven **broiler**. Add the **steak** to a foil-lined baking sheet and spoon over **paprika-sumac oil**. Broil in the centre of the oven, until cooked to desired doneness, 5-8 min. (**TIP:** Cook to a minimum internal temp. of 145°F for medium-rare; steak size will affect doneness.\*\*)



### 2 PREP

Meanwhile, cut the **tomatoes** into ¼-inch cubes. Finely chop the **mint leaves**. Mince or grate the **garlic**. Zest the **lemon(s)**, then cut into wedges. In a small bowl, combine the **remaining paprika-sumac blend** and **1 tbsp oil** (double for 4 ppl) and set aside.



### 5 MASH CHICKPEAS

Meanwhile, in the same pan, add another drizzle of **oil**, then the **onions**. Cook until softened, 5-6 min. Add the **tomatoes, garlic** and **chickpeas**, including the **liquid** from the can(s). Cook, stirring often, until the mixture is warmed through, 2-3 min. Remove pan from heat and use a fork or potato masher to lightly mash the chickpeas.



### 3 SEAR STEAK

Pat the **steak** dry with paper towels. Season with **salt** and **pepper**. Heat a medium non-stick pan over medium-high heat. Add a drizzle of **oil**, then the steak. Pan-fry until golden-brown, 3-4 min per side. (It's okay if it doesn't cook all the way through at this step!) Transfer to a plate and set aside.



### 6 FINISH AND SERVE

Stir the **lemon zest** and **mint** into the **chickpea mash**. Season with **salt** and **pepper**. Thinly slice the **steak**. Divide the **steak, cauliflower** and chickpea mash between plates. Squeeze over a **lemon wedge**, if desired.

### PRO TIP!

The secret to getting a golden crust and locking in juicy flavour, is pan searing and finishing the steak in the oven!