



Tabbouleh with steak

Ingredients

- 2 teaspoons olive oil
- 1 pound sirloin steak (1½ inches thick), cut into 2 pieces
- ½ teaspoon ground coriander
- Kosher salt and freshly ground black pepper
- 12 ounces cauliflower florets
- 1¼ cups curly parsley (including stems), roughly chopped
- 1 cup mixed-color cherry tomatoes, halved
- 2 Persian cucumbers, thinly sliced
- 3 tablespoons fresh lemon juice
- ½ small red onion, finely chopped
- ½ teaspoon ground cumin

Instructions

Step 1 – Sear the Steak

Heat olive oil in a large cast-iron skillet over medium-high heat. Season the steak with ground coriander, ½ teaspoon salt, and ½ teaspoon pepper. Sear for 3 to 5 minutes per side, or until your preferred doneness is reached (medium-rare recommended). Transfer the steak to a cutting board and let it rest for at least 5 minutes before slicing.

Step 2 – Prepare the Cauliflower ‘Tabbouleh’

While the steak rests, add the cauliflower florets to a food processor and pulse until finely chopped, resembling the texture of couscous (you should get about 2½ cups). Transfer to a large mixing bowl.

Step 3 – Finish the Salad and Serve

Using the same food processor bowl, pulse the parsley until finely chopped, then add it to the bowl with the cauliflower. Toss in the cherry tomatoes, cucumbers, lemon juice, chopped red onion, ground cumin, and ½ teaspoon each of salt and pepper. Mix well to combine.

Slice the steak and serve it alongside the cauliflower tabbouleh. Enjoy warm or chilled!