



Beef Satay Skewers with Peanut Sauce

Ingredients

- 675 g Beef, Grass-Fed, Strip Steaks, Lean Only, Raw
- 2 tsp Ginger Root, Raw
- 30 g Oil, corn, industrial and retail, all purpose salad or cooking
- 60 g MAGGI Lazenby Worcester Sauce
- 1 tsp Sugars, Granulated
- 10 mg Thai Curry Paste
- 60 g USDA Commodity, Peanut Butter, smooth
- 5 mg Honey
- 1 Peppers, Hot Chili, Red, Raw
- 145 g Nestle Dessert & Cooking Cream
- 1 sprig Coriander (Cilantro) Leaves, Raw
- 1 Peppers, Hot Chili, Red, Raw
- 1 Limes, Raw

Instruction

1. Cut the steak into strips and thread onto skewers.
2. Combine all of the remaining ingredients and pour over the steak skewers. Cover and place in the fridge for at least 20 minutes. Remove the skewers from the marinade and grill or braai. Serve the skewers with the peanut dipping sauce, fresh coriander, chillies and lime wedges.
3. Combine all the ingredients in a pan and cook for 3-5 minutes.

Nutrition

Carbohydrates	8.66 g
Energy	476.26 kcal
Fats	27.27 g
Protein	43.56 g

⌚ 27 Minutes

⊕ 4 Portions