



sprout

## Spiced beef skewers with beetroot slaw, tahini yoghurt & roast potatoes

### Ingredients: (Serves 4)

4 medium potatoes, cut into bite sized pieces  
500g good-quality beef, diced  
1 tablespoon ground coriander  
1 tablespoon ground cumin  
pinch of salt  
1 tablespoon olive oil. plus 1 tablespoon extra  
2 carrots, julienned or coarsely grated  
1 beetroot, julienned or coarsely grated  
3 spring onions, green parts only thinly sliced  
½ bunch of parsley, leaves picked and thinly sliced  
½ bunch of mint, leaves picked and thinly sliced  
juice of 1 lemon  
¾ cup lactose free Greek yoghurt  
2 tablespoons tahini  
2 tablespoon pine nuts, toasted

### Method:

1. Preheat oven to 200C. Place potatoes in a saucepan of water and bring to the boil. Cook for 10 minutes or until tender. Drain well, toss generously with olive oil, then spread into a lined baking tray. Roast for 30-40 minutes or until golden brown and crispy.
2. In a large bowl, toss diced beef with ground coriander and a pinch of salt until well coated. Thread beef onto eight skewers.
3. Heat one tablespoon oil in a large frying pan over medium-high heat. Cook skewers for 3-4 minutes each side or until golden brown and cooked to your liking.
4. Meanwhile, combine carrot, beetroot, green parts of spring onions, parsley and mint in a large bowl. Squeeze over half the lemon juice and toss to coat.
5. In a small bowl, combine yoghurt, tahini, remaining one tablespoon garlic infused oil and half the lemon juice. Stir until well combined.
6. Spread yoghurt sauce between serving plates. Arrange beetroot slaw and beef skewers on top, then garnish with pine nuts and serve with roast potatoes.