



Thai beef satay with pineapple & cucumber salad

Ingredients: (Serves 4)

500g good-quality diced steak
thumb-sized piece of ginger, finely grated
4 garlic cloves, finely grated
1 tablespoon reduced-salt soy sauce
1 tablespoon olive oil
¼ pineapple, diced
1 Lebanese cucumber, seeds removed, sliced
1 punnet cherry tomatoes, halved
2 cups bean sprouts
3 spring onions, thinly sliced
½ bunch of Thai basil, leaves picked
½ bunch of coriander, leaves picked
juice of ½ a lime

For the satay sauce:

⅓ cup crunchy peanut butter
juice of ½ a lime
1 tablespoon reduced-salt soy sauce
1 tablespoon chilli sauce
2 tablespoons warm water

Method:

1. Combine steak, ginger, garlic and soy sauce in a large bowl and toss until well coated. Place twelve wooden skewers in a shallow dish of cold water. Set steak and skewers aside for 10 minutes.
2. Meanwhile, prepare the satay sauce by combining all ingredients in a medium bowl.
3. For the salad, combine pineapple, cucumber, cherry tomatoes, bean sprouts, spring onion, Thai basil, coriander and lime juice in a large bowl. Toss until well coated.
4. Thread beef onto skewers. Heat oil in a large frying pan over medium-high heat. Cook beef skewers for 2-3 minutes either side or until golden brown and cooked to your liking. Pour over satay sauce, turn to coat skewers for one minute or until sauce is warmed. Remove from heat.
5. Serve beef satay skewers, spooning over extra sauce and with salad on the side.

Nutrition Information: (Per serve)

Energy:	1655kJ (395cal)	Protein:	28.5g	Total Fat:	23.5g
Saturated Fat:	5.1g	Carbohydrate:	13.9g	Sugars:	11.3g
Fibre:	6.2g	Sodium:	660mg		