

Sweet Chilli Beef and Veggie Skewers (Serves 4)

Ingredients

Marinade

- 2 tbsp sweet chilli sauce
- 1 tsp soy sauce
- 1 clove garlic, crushed
- 2cm piece ginger, grated

Skewers

- 600g beef rump steak cut into 2cm chunks
- 1 medium zucchini, cut into 2cm chunks
- 1 medium red capsicums, cut into 2cm chunks
- 10 button mushrooms
- Lime wedges, sesame seeds and steamed jasmine rice to serve

Method

1. Combine the marinade ingredients in a large bowl. Add the beef and toss to coat. Cover with cling wrap and place in the fridge to marinate for 20 minutes or overnight if time permits.
2. Remove the beef from the fridge then carefully thread beef and veggies onto skewers. Brush skewers with the residual marinade from the bowl.
3. Heat a BBQ or chargrill pan over medium-high heat. When hot, add the skewers and cook for 3-5 minutes on each side for medium or until caramelised to your liking. Sprinkle with sesame seeds and serve hot with lime wedges and steamed rice.

Chef's Tips

- Fresh ginger and garlic too tedious? Simply use 1 tsp each bottled minced ginger and garlic.
- Save time by cooking the skewers in a 180°C fan forced oven for 20-25 minutes or until caramelised and the beef is cooked to your liking.
- The friendly butchers at Sutcliffe Meats will help you to pick the best beef steaks for these skewers. Visit them in-store today!