



UCOOK

Beef Kebabs

with charred gem lettuce & roasted sweet potato wedges

Braai-style beef kebabs threaded with baby tomatoes, onion and succulent beef marinated in BBQ sauce. Served with sweet potato wedges and charred corn and parsley - Summer here I come!

Hands-On Time: 40 minutes

Overall Time: 70 minutes

Serves: 4 People

Chef: Megan Bure

♥ Health Nut

🍷 Anthonij Rupert | Cape of Good Hope
Riebeeksrivier Syrah

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Ingredients & Prep

1kg	Sweet Potato <i>rinsed & cut into wedges</i>
8	Wooden Skewers
1	Onion <i>peeled & cut into thick wedges</i>
200g	Corn <i>drained</i>
100g	Pickled Bell Peppers <i>drained & roughly chopped</i>
15g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
4 heads	Gem Lettuce
600g	Free-range Beef Schnitzel (without crumb) <i>pat dry & cut into 2cm thick chunks</i>
400g	Baby Tomatoes
60ml	BBQ Sauce <i>(40ml CarbSmart BBQ Sauce & 20ml Sesame Oil)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. SUCCULENT 'TATOES Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray, coat in oil, and season. To make sure they do get crispy, don't overcrowd the tray — use two trays instead! Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

2. PREP STEP Place the skewers in a shallow dish, cover with water, and allow to soak for 10 minutes — this prevents them from burning when over the heat. Separate the layers of the onion wedges into petals.

3. A-MAIZE-ING! Place a pan or a griddle pan over a high heat with a drizzle of oil. When hot, fry the drained corn for 4-5 minutes until charred, shifting occasionally. Remove from the heat. Place in a bowl with the chopped pickled peppers and $\frac{3}{4}$ of the chopped parsley.

4. CHAR THE LEAVES Halve the lettuce head lengthways, keeping the stem intact. Gently rinse and pat dry. Return the pan to a medium heat with a drizzle of oil. When hot, char the lettuce halves cut-side down for 2-3 minutes. Remove from the pan and season.

5. ASSEMBLE THE SKEWERS... Thread 2-3 beef chunks, 2-3 onion petals, and a whole baby tomato onto a skewer, making sure they are secure. Repeat in the same order, filling up each stick until all the skewers are full. Return the pan to a medium heat with a drizzle of oil (See Chef's Tip for Braai Option!). When hot, fry the beef skewers for 2-3 minutes turning as they colour until the meat is cooked and the veggies are charred. In the final minute, baste the skewers with the BBQ sauce and some seasoning.

6. TIME TO DINE Plate up the colourful beef skewers and pour over the pan juices. Serve with the sweet potato wedges and the charred gem lettuce. Finish off with a scatter of the charred corn and peppers, and garnish with the remaining parsley. Yum!



Chef's Tip

These kebabs can be grilled over hot coals instead of roasted in the oven. So, if you have the time and enjoy a braai, plan ahead for this meal and get one going!

Nutritional Information

Per 100g

Energy	334kJ
Energy	80Kcal
Protein	5.6g
Carbs	9g
of which sugars	3.4g
Fibre	1.4g
Fat	1.7g
of which saturated	0.4g
Sodium	81mg

Allergens

Allium, Sesame, Sulphites, Sugar
Alcohol (Xylitol)

Cook
within
4 Days