



UCOOK

West-African Beef Skewers

with a warmed roti, roasted chickpeas & yoghurt

Once you've tried these nutty, smoky beef skewers, you'll understand why it's a West-African favourite. Sided with a roasted veggie & chickpea medley and soft, flaky roti to mop up all that yummy goodness. A dollop of creamy yoghurt completes this elevated street food dish.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Ella Nasser

 Quick & Easy

 Stellenzicht | Tristone Cabernet Sauvignon

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Ingredients & Prep

2	Onions <i>1½ peeled & cut into thin wedges</i>
3	Tomatoes <i>cut into thick wedges</i>
15ml	NOMU African Rub
180g	Chickpeas <i>drained & rinsed</i>
480g	Free-range Beef Rump
2	Garlic Cloves
30g	Fresh Ginger
12g	Fresh Coriander
110ml	Suya Paste <i>(65ml Peanut Butter & 45ml Tomato Paste)</i>
3	Whole Wheat Rotis
6	Wooden Skewers
1	Low Fat Yoghurt Plain 90ml

From Your Kitchen

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

1. THAT OVEN-BAKED TASTE Preheat the oven to 220°C. Place the onion wedges and the tomato wedges on a roasting tray. Coat in ⅓ of the rub, a drizzle of oil, and seasoning. Roast in the hot oven until cooked through and golden, 25-30 minutes (shifting occasionally). In a bowl, combine the drained chickpeas, ⅓ of the remaining rub, and a drizzle of oil. Set aside.

2. PREP STEP While the veg are roasting, cut the beef into bite-sized chunks. Peel and grate the garlic and the ginger. Rinse and pick the coriander.

3. THE DELISH PART OF THE DISH In a bowl, combine the beef rump chunks, suya paste, grated garlic, grated ginger, the remaining rub, a drizzle of oil, and seasoning. If too thick, add water or oil in 5ml increments until a yoghurt consistency.

4. READY THE ROTIS When the roast has 12-15 minutes to go, add the dressed chickpeas to the roast, and return to the oven for the remaining time. Place a pan over a medium heat. When hot, warm the rotis until heated through and lightly toasted, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave for 30-60 seconds. Alternatively, heat up in the oven for 2-3 minutes. Once heated, stack on a plate and cover with a tea towel to keep warm.

5. STICK 'EM UP Thread the marinated beef chunks onto each skewer, making sure they are secure. Return the pan to a medium-high heat. When hot, fry the skewers until browned and cooked through, 2-3 minutes per side. Remove from the pan, cover in tinfoil, and leave to rest for at least 5 minutes.

6. SUYA WANT MORE? Plate up the beef skewers. Serve alongside the warmed rotis and roasted veg and chickpeas. Side with the yoghurt. Sprinkle over the picked coriander. Yum!



Chef's Tip

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

Nutritional Information

Per 100g

Energy	676kJ
Energy	162kcal
Protein	10g
Carbs	13g
of which sugars	3.3g
Fibre	2.2g
Fat	5.2g
of which saturated	1.3g
Sodium	175mg

Allergens

Gluten, Dairy, Allium, Peanuts, Wheat, Soy

Cook
within
4 Days