



# 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:** 15 minutes

**Overall Time:** 40 minutes

---

**Serves:** 1 Person


---

**Chef:** Megan Bure

---

♥ Health Nut

---

 Anthonij Rupert | Cape of Good Hope  
Riebeeksrivier Syrah

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

250g	Sweet Potato <i>rinsed &amp; cut into wedges</i>
2	Wooden Skewers
1	Onion <i>½ peeled &amp; cut into thick wedges</i>
50g	Corn <i>drained</i>
25g	Pickled Bell Peppers <i>drained &amp; roughly chopped</i>
4g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
1 head	Baby Gem Lettuce
150g	Free-range Beef Schnitzel (without crumb) <i>pat dry &amp; cut into 2cm thick chunks</i>
100g	Baby Tomatoes
15ml	BBQ Sauce <i>(10ml CarbSmart BBQ Sauce &amp; 5ml 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. Roast in the hot oven for 30-35 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 3-4 minutes until charred, shifting occasionally. Remove from the heat. Place in a bowl with the chopped pickled peppers and ¾ 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