

# QCOOK

## Wholesome Beef Skewers

with Pesto Princess Chimichurri Sauce

**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

**\*New Calorie Conscious:** Serves 3 & 4

**Chef:** Megan Bure

### Nutritional Info

	Per 100g	Per Portion
Energy	281.2kJ	1500.7kJ
Energy	67.3kcal	359.2kcal
Protein	7.8g	41.9g
Carbs	3.3g	17.6g
of which sugars	2.1g	11.2g
Fibre	1.2g	6.1g
Fat	2g	10.5g
of which saturated	0.4g	2g
Sodium	109.8mg	585.9mg

**Allergens:** Sulphites, Allium

**Spice Level:** None



Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
75ml	100ml	Pesto Princess Chimichurri Sauce
2	2	Onions <i>peel &amp; cut 1½ [2] into wedges</i>
480g	640g	Beef Strips
9	12	Wooden Skewers
15ml	20ml	NOMU Roast Rub
320g	480g	Patty Pans <i>rinse, trim &amp; cut into bite-sized rounds</i>
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
3	4	Tomatoes <i>rinse &amp; roughly dice 1½ [2]</i>
15ml	20ml	Balsamic Vinegar

## From Your Kitchen

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Cooking Spray  
Seasoning (Salt & Pepper)  
Water  
Paper Towel

**1. START WITH SAUCE** In a small bowl, loosen the chimichurri with water in 5ml increments until drizzling consistency. Season and set aside.

**2. SENSATIONAL SKEWERS** Separate the onion petals and carefully thread them onto the skewers, alternating between onion and beef strips. Coat with a light spray of cooking spray and the NOMU rub. Place a pan over medium-high heat. When hot, fry the skewers until charred, 4-5 minutes (shifting as they colour). In the final 1-2 minutes, add a lid over the pan to steam the onion if they need to soften. Remove from the heat, season and toss through ½ the chimichuri sauce. Set aside.

**3. PATTY PANS** Place another pan over medium heat. Lightly coat the patty pans in cooking spray and fry until charred, 3-4 minutes (shifting as they char). Remove from the pan and season.

**4. YOU DID IT, CHEF!** Plate up the salad leaves, topped with the tomato and patty pans. Finish off with a drizzle of balsamic vinegar. Side with the skewers, topped with the remaining chimichurri. Grub is up, Chef!