



UCOOK

Weber's Spanish Beef Skewers

with pumpkin seeds & basil pesto

This dish is so simple it will be done in no time. Grilled veg and Spanish-inspired beef skewers pair perfectly with a super fresh basil pesto salad. Ideal for braai night if you're feeling festive. Rainy night? This one works well in the oven too!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Rhea Hsu

 Carb Conscious

 Waterford Estate | Range Grenache Noir 2019

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

Ingredients & Prep

6	Wooden Skewers
20g	Pumpkin Seeds
2	Tomatoes <i>roughly diced</i>
20ml	Pesto Princess Basil Pesto
1	Red Onion <i>peeled & cut into thick wedges</i>
300g	Free-range Beef Stroganoff
20ml	NOMU Spanish Rub
10ml	Chipotle Chilli Flakes
160g	Green Beans <i>rinsed & trimmed</i>
80g	Pickled Bell Peppers <i>drained</i>

From Your Kitchen

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

1. SKEWERS & SEEDS Prepare the oven or Weber according to the Chef's Tip instructions. Place the skewers in a shallow dish, cover with water, and soak for 10 minutes. Place the pumpkin seeds in a pan over medium heat and toast for 3-5 minutes until beginning to pop. Remove from the pan and set aside.

2. A POP OF PESTO In a bowl, combine the diced tomato, the pesto, a drizzle of oil, and seasoning. Just before serving, add the toasted pumpkin seeds.

3. ONE, TWO, THREAD Separate the onion wedges into petals. Pat the beef stroganoff dry with paper towel. In a bowl, combine the rub, the chipotle flakes (to taste), the beef, the onion petals, and seasoning. Thread 1 beef strip and 1 onion petal on to a skewer, making sure they are secure. Repeat in the same order, filling up each skewer, until all the skewers are full. Coat the skewers in any remaining chipotle marinade.

4. WEBER BRAAI OPTION Place any remaining onion petals & stroganoff, the trimmed green beans, and the drained pickled pepper into a tinfoil parcel, keeping the top open for the moisture to escape. Once the coals are ready on the Weber and the grid is cleaned down, place the beef skewers over the hottest area of the coals. Place the veg parcel alongside over a cooler area of the coals. Braai the skewers for 2-3 minutes per side until browned and cooked through. Toss the veg occasionally to allow for even cooking. Remove the skewers and veg parcel from the heat and set aside to rest for a minute. Remove the veg from the tinfoil before serving.

5. OVEN ROASTING OPTION Place the beef skewers on half of a roasting tray. Place any remaining onion petals & stroganoff, the trimmed green beans, and the drained pickled peppers on the other half of the tray. Coat in oil and seasoning. Roast in the hot oven for 8-10 minutes until cooked through, shifting halfway.

6. READY THE NAPKINS! Plate up the beef skewers and side with the veg. Serve with the pesto tomato salad. Enjoy, Braai Master!



Chef's Tip

If you're using a charcoal Weber, prepare enough coals for a hot fire. Alternatively, you can also use a Weber Genesis Gas braai to cook this tasty meal. Otherwise, preheat the oven to 200°C grill setting.

Nutritional Information

Per 100g

Energy	353kj
Energy	84kcal
Protein	8.1g
Carbs	6g
of which sugars	4g
Fibre	1.6g
Fat	2.3g
of which saturated	0.5g
Sodium	223mg

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days