## Beef Kebabs Serves 4

500gm rump steak 1 red onion 1/2 red capsicum 1/2 green capsicum 1/2 yellow capsicum 1 zucchini 2 tablespoons warmed honey 1 tablespoon olive oil Few drops sesame oil (optional) 1½ tablespoons lemon juice



### Method:

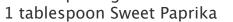
- 1. Soak 8 wooden skewers in water for at least 1 hour to prevent them scorching, or use metal skewers.
- 2. Trim fat from steak and cut into 2cm cubes.
- 3. Cut onion into 2cm pieces. Cut capsicums into 2cm pieces. Cut zucchini into thick slices.
- 4. Thread meat onto skewers alternately with onion, capsicum and zucchini pieces.
- 5. Combine warmed honey with olive oil, sesame oil and lemon juice. Brush over kebabs.
- 6. Grill or barbeque the kebabs on a medium heat for 8 10 minutes. Turn them frequently and brush with the honey mixture.
- 7. Serve on a bed of cooked rice or couscous, with a lovely fresh garden salad.

Tips:

- If cooking on the barbeque, make sure you heat it well before adding the kebabs.
- The kebabs can be made well ahead of time and stored in a sealed container in the fridge. However, remember to remove from the fridge in time to allow kebabs to return to room temperature before cooking.
- Experiment a bit by using button mushrooms, pickling onions, baby squash quarters, pineapple pieces, whole baby tomatoes or haloumi cheese pieces with the beef for different flavours and textures.

## **Beef Keftas** Serves 4 - 6

1kg minced (ground) beef
1 brown onion, grated
4 cloves garlic, crushed
1/4 bunch flat leaf parsley, finely
chopped
1 egg, lightly beaten
½ cup stale breadcrumbs
2 tablespoons lemon juice
1 tablespoon ground Cumin
1 tablespoon ground Coriander
1 tablespoon ground Turmeric





### Method:

- 1. Place the minced beef, grated onion, crushed garlic, chopped parsley, beaten egg, breadcrumbs, lemon juice, cumin, coriander, turmeric and paprika in a large bowl and knead together well.
- Wrap in plastic and chill for 1-2 hours to allow the flavours to develop and make the meat easier to handle. Roll the meat mixture into small balls about golf ball size and thread 3 or 4 onto each skewer.
- 3. Pre-heat oven to 180°C. Place kefta skewers onto a lightly oiled baking tray and cook for 15-20 minutes, turning occasionally.
- 4. To serve Moroccan style serve on a bed of Couscous garnished with black olives and feta cubes, with Tomato Charmoula Sauce (see below) and a lovely fresh salad.
- 5. To serve Greek style spread Tzatziki dip on pita bread, add sliced lettuce and tomato, remove skewer from Keftas, place on top and wrap in pita bread.

Tips:

- To speed things up, do step 1 in the morning before you leave for work.
- Slightly moisten hands make the mince easier to roll into balls.
- If using wooden skewers, soak in water for at least 1 hour before using to stop them burning.

# **Tomato Charmoula Sauce**

1 tablespoon olive oil 1 brown onion, diced 1 clove garlic, crushed 2 x 410gm tin crushed tomatoes ½ tablespoon Cumin Juice of ½ small lemon 1 tablespoon flat parsley, chopped 1 tablespoon coriander, chopped Salt and pepper to taste (optional)

#### Method:

- 1. Heat oil and fry onion and garlic until soft.
- 2. Mix in tomatoes, cumin and lemon juice.
- 3. Simmer for about 20 minutes stirring occasionally.
- 4. Mix in the parsley and coriander; remove from the heat and season if desired.

Keep in the fridge for about 5 days, or freeze. Makes about 4 cups.