

★ U.K. ★ BBQ ★ Week ★



RECIPE

Beef Satay



INGREDIENTS

Steak

2 Sirloin steaks

Marinade

1 garlic clove – crushed
1 thumb size piece of ginger – grated
1 tsp of sambal or 1/2 a red chilli
Zest of 1 lime
1 Tbs light soy sauce
1 Tbs soft brown sugar
1 Tbs fish sauce

No-cook peanut sauce

150g peanut butter
1 Tbs soy
1 Tbs honey
1 tsp sambal or dried chilli flakes
1 tsp grated ginger or puree
1 clove garlic crushed
1 tsp fish sauce
150ml coconut milk
Juice of 1 lime

*Cooking time, recipe requires 10 mins preparation and 2 hours marinating

METHOD

For the beef satay,

1. Marinade the two sirloins and leave for at least two hours.
2. Cut into thin strips and thread onto skewers.
3. Cook for 2mins a side or until cooked to your liking.
4. Serve with lime chilli, chopped spring onion, coriander and the satay sauce.

For the No-cook peanut sauce

1. Mix the ingredients together until you have a smooth sauce