

September 2020

Beef Keto

Steak and Veggie Kebabs

Ingredients:

- **Marinade:**
 - ½ cup olive oil
 - ¼ cup tamari soy sauce
 - 1 tbsp cider vinegar
 - ½ tsp salt
 - ½ tsp pepper
 - 1 tbsp fresh ginger, grated
 - 3 garlic cloves, roughly chopped
- **Kebabs:**
 - 450gm sirloin steak (only 125-200g per serving please)
 - 1 green bell pepper
 - 1 red onion
 - 225g mushrooms
 - 4 skewers (metal or wooden)
 - Dip sauce
 - ½ cup mayonnaise
 - ½ tbsp fresh ginger, grated
 - 2 garlic cloves, finely minced
 - 1 tsp tamari soy sauce

Instructions:

1. Preheat the grill for 20 minutes on medium heat with the lid down.
2. In a bowl, combine all the ingredients for the marinade. Mix well until evenly incorporated. Set aside a few tablespoons of the marinade in a smaller bowl.
3. Cut the steak into 3-5 cm cubes. Place the cubes in the marinade and combine well. Marinate for 10 minutes.
4. Chop green bell pepper into bigger pieces. Cut onion in quarters. Cut mushrooms in half. Everything should be around the same size.
5. Build skewers by alternating meat, mushroom, bell pepper and onion. Drizzle skewers generously with the already used marinade.
6. Place skewers on preheated grill. Spread them out so they don't touch. Grill for 15-20 minutes, flipping every 5 minutes. When flipping, brush with reserved marinade. Watch out for the flames!
7. Combine all ingredients for the dip. Serve with kebabs and enjoy!

Nutritional Information:

Net carbs: 4 % (14 g)
 Fiber: 4 g
 Fat: 81 % (128 g)
 Protein: 15 % (55 g)
 Calories: 1437