



Did you know that coconut milk is derived from coconut flesh and not from the coconut water found on the inside?

Cooking Time: 35 min | Dairy-Free
Cals 1059 | Prot 50 | Carbs 93 | Fat 58

Tips For Fussy Eaters

Serve their kebabs with ketchup or mayo instead of peanut sauce.

Pro Tip

Prepare the meat mixture in advance and refrigerate. The kebabs are easier to prepare when the meat is cold. This will also allow the flavours to develop.

Ingredients

For 2 For 3 For 4

Kebabs

| | | | | |
|--------------------|-----|-----|-----|-------|
| Beef mince | 350 | 525 | 700 | Grams |
| Shallots | 1 | 1 | 2 | Piece |
| Garlic paste | 10 | 15 | 20 | Grams |
| Ginger paste | 10 | 15 | 20 | Grams |
| Black pepper | 0.5 | 1 | 1 | Tsp |
| Desiccated coconut | 10 | 15 | 20 | Grams |
| Salt | 0.5 | 1 | 1 | Tsp |
| Vegetable oil | 2 | 3 | 4 | Tbsp |

Coconut rice and vegetables

| | | | | |
|----------------|-----|-----|-----|-------|
| Jasmine rice | 150 | 225 | 300 | Grams |
| Salt | 0.5 | 1 | 1 | Tsp |
| Water | 100 | 250 | 200 | ML |
| Coconut milk | 200 | 200 | 400 | ML |
| Carrot | 2 | 3 | 4 | Piece |
| Small zucchini | 2 | 3 | 4 | Piece |
| Vegetable oil | 1 | 2 | 2 | Tbsp |

Sauce

| | | | | |
|----------------|----|----|----|-------|
| Peanut butter | 30 | 45 | 60 | Grams |
| Lime | 1 | 2 | 2 | Piece |
| Honey | 15 | 15 | 30 | Grams |
| Soy sauce | 20 | 30 | 40 | ML |
| Sriracha sauce | 14 | 21 | 28 | ML |



1 Boil rice

Preheat the oven to 220°C/200°C fan. Add the **rice**, a pinch of **salt**, the **measured water** and **coconut milk** to a pot. Bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Remove the pan from heat and keep covered.



2 Prep veg

Meanwhile, peel and slice the **carrots** into thin coins. Slice the **zucchini** in half lengthwise and chop into bite-sized pieces.



3 Make kebabs

Peel and chop the **shallots**. In a bowl, combine the **beef mince**, **garlic paste**, **ginger paste**, **black pepper**, **desiccated coconut** and a generous pinch of **salt**. With clean hands, knead the mix for 3-4 min until tender. Set aside.



4 Bake

Add the **carrots** and **zucchini** to a lined baking tray. Carefully shape the **mince** mixture into 8/12/16 cylinders. Place on the tray, drizzle with **oil** and season with **salt**. Bake for 15-25 min or until the **kebabs** are cooked through.



5 Make sauce

Meanwhile, combine the **peanut butter**, 1/1.5/2 Tbsp of **lime** juice, **honey** and **soy sauce** with the **sriracha (spicy!)**. Whisk until smooth.



6 Serve

Serve the **kebabs** with the roasted **carrots**, **zucchini**, **coconut rice** and **peanut sauce** to the side.



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