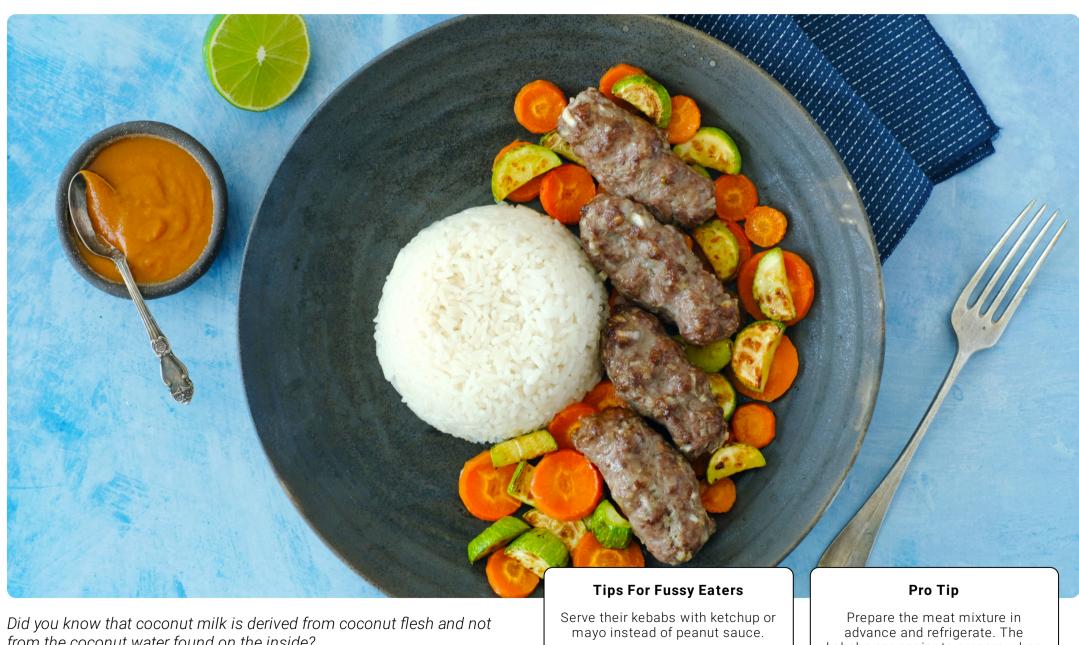
Balinese Beef Kebabs with Peanut Dip

and Coconut Rice



from the coconut water found on the inside?

Cooking Time: 35 min | Dairy-Free Cals 1059 | Prot 50 | Carbs 93 | Fat 58 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 Reef mince 525 700 350 Grams 2 Shallots 1 Piece Garlic paste 10 15 20 Grams 15 20 Ginger paste 10 Grams Black pepper 0.5 1 1 Tsp Desiccated coconut 10 15 20 Grams 0.5 Salt 1 1 Tsp Vegetable oil 2 3 4 Tbsp Coconut rice and vegetables Jasmine rice 150 225 300 Grams 0.5 1 Salt 1 Tsp Water 100 250 200 MI 200 200 400 ML Coconut milk Carrot 2 3 4 Piece 3 2 Small zucchini 4 Piece 2 2 Vegetable oil Tbsp

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



Share Your #hellochef Pics With Us www.hellochef.me hello@hellochef.me 04-383-93-99







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 bitesized 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.