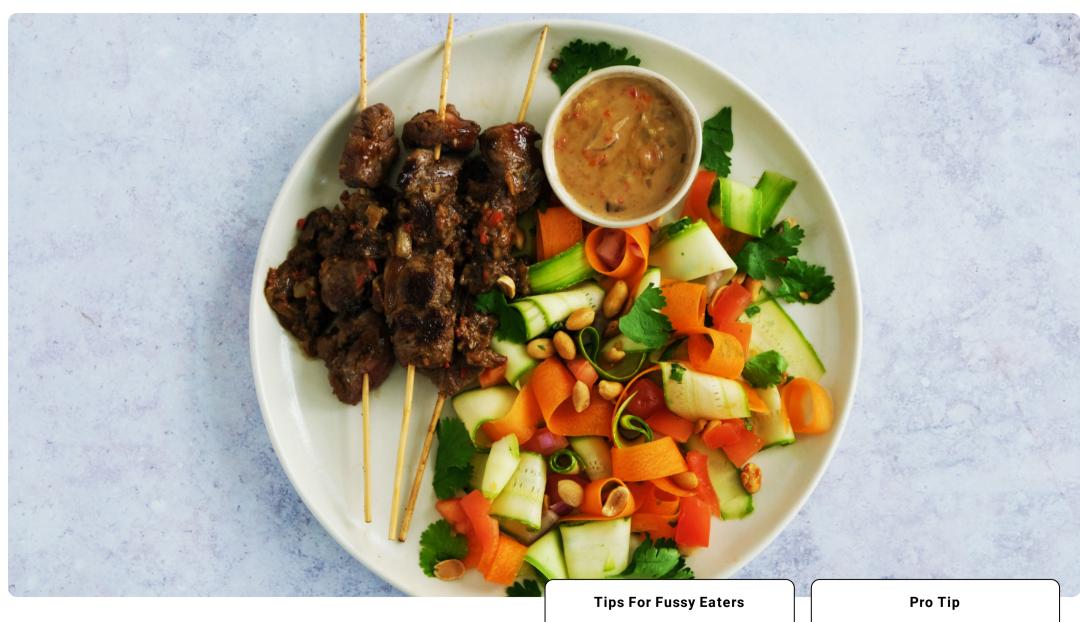
# **Beef Satay** with Pickled Salad



This dinner's perfect for peanut butter lovers!

Cooking Time: 30 min | Dairy-Free Cals 834 | Prot 60 | Carbs 32 | Fat 54

Keep the satay sauce mild. Serve it with rice, cucumber and carrot sticks.

Prepare the satay sauce in advance and store it in the fridge. Heat with a splash of water.

### **Ingredients** For 2 For 3 For 4 Satay 600 800 Rump steak 400 Bamboo skewers 9 Salt 0.5 0.5 Black pepper 2 Olive oil Sauce Red onion 3 Garlic cloves

Grams





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Remove the **steaks** from the fridge

20-30 min prior to cooking. Chop the

steaks into bite-size cubes. Peel the

**red onion** and chop half of it finely

the garlic and red chilli (remove the

seeds if you prefer it milder). Heat a

pot over a medium heat with drizzle of

oil. Fry the onion, garlic and chilli with

a pinch of salt for 5 min.

1 Prep







#### 3 Make salad

# 2 Simmer

Add the soy sauce, peanut butter and coconut milk to the onion. Bring to a simmer, reduce the heat to low and cook, stirring occasionally, for 5-7 (reserve the other half). Peel and chop min.

Meanwhile, in a large bowl, combine the **rice vinegar** and **sugar**. Wash the **zucchini**, peel the **carrots** and thinly slice the remaining red onion. Shave the **zucchini** and **carrots** with a peeler until you are left with a pile of ribbons. Dice the tomatoes. Chop the coriander. Add the carrots, zucchini. tomatoes, onion, coriander and salt and pepper to the bowl. Toss and set aside.



# 4 Make skewers

Thread the **steak** pieces onto the skewers. Season with salt and pepper.



# 5 Fry skewers

Heat a drizzle of oil in a large pan over a high heat. Once the pan is very hot, add the **skewers** and frv them for 1-2 min on each side until the meat is medium rare. Pour half of the satav sauce into the pan, coating the meat as you go. Cook for 2 min further.



#### 6 Serve

Serve the **skewers** with the **pickled** salad, salted peanuts and any remaining satay sauce.