



This dinner's perfect for peanut butter lovers!

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

Tips For Fussy Eaters

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

Pro Tip

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

Rump steak	400	600	800	Grams
Bamboo skewers	6	9	12	Piece
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp
Olive oil	1	2	2	Tbsp

Sauce

Red onion	1	2	2	Piece
Garlic cloves	2	3	4	Piece
Large red chilli	1	1	2	Piece
Olive oil	1	1	2	Tbsp
Soy sauce	10	20	20	ML
Peanut butter	30	45	60	Grams
Coconut milk	200	200	400	ML

Salad

Rice vinegar	15	22	30	ML
Brown sugar	5	5	10	Grams
Small zucchini	2	3	4	Piece
Carrot	1	2	2	Piece
Tomatoes	2	3	4	Piece
Fresh coriander	15	15	15	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Salted peanuts	40	60	80	Grams



1 Prep

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 (reserve the other half). Peel and chop 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.



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 min.



3 Make salad

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 fry them for 1-2 min on each side until the meat is medium rare. Pour half of the **satay 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**.