

Teriyaki Kebabs

(serves 6)



Per serve and without rice:

Calories:	244	Protein:	29g
Sodium:	690mg	Fat:	10g
Cholesterol:	77mg	Fibre:	
Carbohydrates:	10g		

Ingredients:

- 1/3 cup soy sauce
- 2 tbs vegetable oil
- 1 tbs brown sugar
- 1 garlic clove, minced
- 1 tsp ground ginger
- 1 tsp salt
- 450 g boneless sirloin steak and cut into approx 4 cm cubes
- 12 whole button mushrooms
- 1 large green capsicum, cleaned and cut to little bigger than meat
- 1 large brown onion, cut into wedges
- 12 cherry tomatoes

Method:

In a bowl, combine the soy, oil, sugar, garlic, ginger and salt and mix well. Add ½ of this into a large plastic resealable bag or shallow container with lid and put the other ½ aside and in the fridge for later. Add the beef to the marinade and mix around to coat. Seal or cover and refrigerate for 4 to 8 hours. While this is happening and you will be using wooden skewers, now would be the time to soak them in water till the meat is ready. Remove the beef from the fridge, drain and discard the marinade. With the skewers, alternate meat, mushroom, capsicum, onion and cherry tomato and leave a gap of approximately 1 cm between each. Do this for all the beef and should have enough to fill 12 skewers. Place on BBQ, grill or non-stick pan at medium heat and baste with the other marinade. Do this with every turn (about 8 minutes then turn). You will know when the meat is cooked how you personally like it. Serve over rice if desired.