

# Beef & Capsicum Kebabs



## Ingredients (4 portions)

1	kg	Beef, top rump, cut, steak <i>cut into 2 cm cubes</i>
8	ea	Skewer, bamboo, 8 inch <i>soaked in water</i>
1	ea	Capsicum, red <i>cut into 2x2 cm squares</i>
1	ea	Capsicum, yellow <i>cut into 2x2 cm squares</i>
8	tbsp	Oil, olive, extra virgin, Sandhurst
2	grams	Pepper, black, ground <i>to taste</i>
4	tbsp	Vinegar, balsamic, Crean
200	grams	Lettuce, mixed
1	punnets	Tomato, cherry, red

## Method

1. Thread alternate pieces of beef and capsicum onto wooden skewers. Heat grill, brush 2 T olive oil over skewers and season with pepper. Cook on medium heat 5 mins each side.

2. Mix remaining olive oil with balsamic vinegar and toss through salad. Place skewers on leaves and serve immediately.

## Nutritional Information (per portion)

		0	100%	200%	300%
Age 19-54					
<b>Energy</b>	3723.51kJ		37% RDI		
<b>Total fat</b>	71.62g		69% RDI		
<b>Saturated fat</b>	25.29g		67% RDI		
<b>Carbs</b>	8.83g		3% RDI		
<b>Total sugars</b>	7.10g		12% RDI		
<b>Protein</b>	52.23g		59% RDI		
<b>Iron</b>	6.58mg		55% RDI		