Beef & Capsicum Kebabs



Ingredients (4 portions)

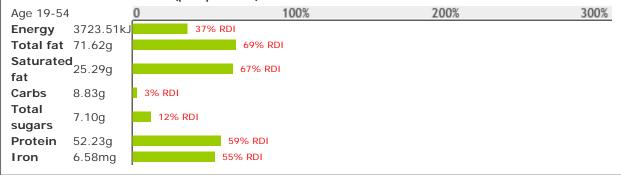
Beef, top rump, cut, steak cut into 2 cm cubes 8 ea Skewer, bamboo, 8 inch soaked in water 1 Capsicum, red cut into 2x2 cm squares ea 1 ea Capsicum, yellow cut into 2x2 cm squares tbsp Oil, olive, extra virgin, Sandhurst Pepper, black, ground to taste grams 4 tbsp Vinegar, balsamic, Crean

200 grams Lettuce, mixed1 punnets Tomato, cherry, red



- 1. Thread alternate pieces of beef and capsicum onto wooden skewers. Heat grill, brush 2 T olive oil over skwers 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)



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