



How to Make Beef Satay

 Dairy Free

READY IN



150 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds beef top sirloin trimmed
- ☐ 0.3 cup brown sugar packed
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 0.3 cup fish sauce
- ☐ 1 tablespoon ginger root fresh grated
- ☐ 4 cloves garlic crushed
- ☐ 2 tablespoons ground coriander
- ☐ 1 tablespoon ground cumin

- ☐ 0.5 teaspoon ground turmeric
- ☐ 1 piece lemon grass fresh white (part only)
- ☐ 4 long metal skewers
- ☐ 2 tablespoons onion minced
- ☐ 2 tablespoons soya sauce
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ whisk
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ grill
- ☐ skewers
- ☐ chefs knife
- ☐ metal skewers

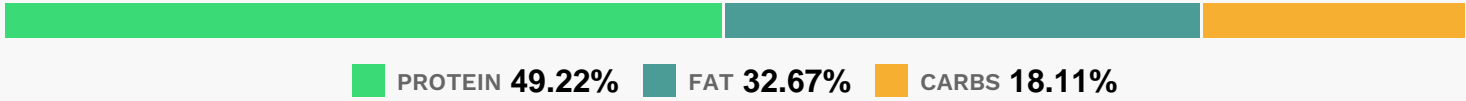
Directions

- ☐ Place ginger, garlic, onion, brown sugar, fish sauce, vegetable oil, soy sauce, coriander, cumin, turmeric, and cayenne pepper into a mixing bowl; whisk into a smooth marinade.
- ☐ Bruise lemon grass by hitting it lightly several times with the back of a large chef's knife; mince the lemon grass and add to the marinade.
- ☐ Cut beef sirloin into strips about 2 1/2 inches long and 1/8 inch thick. Thoroughly mix the beef into marinade until all beef strips are completely coated, about 1 minute. Cover bowl with plastic wrap and marinate in refrigerator for 2 to 4 hours.
- ☐ Preheat an outdoor grill for high heat and lightly oil the grate.
- ☐ Remove beef from marinade and shake off excess marinade. Thread 1/4 the meat onto each metal skewer.
- ☐ Arrange skewers on the preheated grill and cook until the meat stops sticking to the grill, about 1 to 2 minutes. Flip skewers over onto other side and cook until meat is well browned

and shows grill marks, 2 to 2 1/2 minutes. Turn onto first side again and cook until meat is still slightly pink, 2 more minutes.

☐ Transfer to a platter and let skewers rest about 2 more minutes before serving.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:0.82, Inflammation Score:-9, Nutrition Score:27.252608835697%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 437.84kcal (21.89%), Fat: 15.71g (24.16%), Saturated Fat: 4.07g (25.46%), Carbohydrates: 19.59g (6.53%), Net Carbohydrates: 18.03g (6.55%), Sugar: 14.36g (15.96%), Cholesterol: 133.81mg (44.6%), Sodium: 1776.43mg (77.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.24g (106.48%), Selenium: 73.26µg (104.66%), Vitamin B6: 1.57mg (78.32%), Vitamin B3: 15.59mg (77.94%), Zinc: 9.44mg (62.91%), Phosphorus: 520.16mg (52.02%), Vitamin B12: 2.2µg (36.69%), Iron: 5.78mg (32.09%), Potassium: 992.72mg (28.36%), Magnesium: 99.98mg (24.99%), Vitamin B2: 0.31mg (18.53%), Manganese: 0.37mg (18.29%), Vitamin B5: 1.58mg (15.85%), Vitamin K: 15.24µg (14.51%), Vitamin B1: 0.2mg (13.57%), Copper: 0.26mg (13.04%), Calcium: 109.47mg (10.95%), Folate: 41.3µg (10.32%), Vitamin E: 1.28mg (8.51%), Fiber: 1.56g (6.25%), Vitamin C: 2.25mg (2.73%)