



## Satay (Grilled Skewers)

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 ounces brown sugar
- 1 tablespoon canola oil
- 1 tablespoon coriander seeds
- 0.5 teaspoon cumin seeds
- 0.3 teaspoon fennel seeds
- 2 tablespoons galangal fresh peeled chopped
- 1 garlic clove chopped
- 0.5 teaspoon turmeric

- 4 teaspoons lemon grass fresh peeled chopped
- 3 macadamia nuts
- 1 cup satay sauce
- 1 to 5 chilies fresh red chopped
- 2 pounds beef rib steak trimmed cut into (1/4 x 1-inch) strips
- 0.5 teaspoon salt
- 4 shallots coarsely chopped
- 1 teaspoon tamarind paste
- 0.3 cup water divided

## Equipment

- food processor
- bowl
- frying pan
- sauce pan
- sieve
- grill
- ziploc bags
- skewers

## Directions

- Place sugar and 2 tablespoons water in a small saucepan over low heat; cook for 8 minutes or until sugar dissolves. Strain through a fine sieve over a bowl, and discard solids. Cool completely.
- Combine tamarind paste with remaining 2 tablespoons water, stirring until smooth.
- Combine sugar mixture and tamarind mixture in a large zip-top plastic bag; seal. Set aside.
- Heat a small skillet over medium-high heat.
- Add coriander, cumin, and fennel seeds; cook for 2 minutes, shaking pan occasionally. Cool.
- Place mixture in a spice or coffee grinder, and process until finely ground.

- Place the galangal, lemongrass, shallots, candlenuts, garlic clove, and red chile in a food processor, and process until finely chopped.
- Add galangal mixture, coriander mixture, turmeric, and salt to sugar mixture; seal. Knead to combine.
- Add beef to bag, turning to coat; seal. Marinate in refrigerator for 1 hour, turning twice.
- Add oil to bag, turning to coat; seal. Marinate in refrigerator overnight, turning occasionally.
- Preheat grill to medium-high heat.
- Remove beef from bag; discard marinade. Thread beef evenly onto each of 32 (8-inch) skewers.
- Place skewers on grill rack coated with cooking spray. Cook 1 minute on each side or until desired degree of doneness.
- Serve with Peanut Dipping Sauce.

## Nutrition Facts



**PROTEIN 27.35%** **FAT 54.86%** **CARBS 17.79%**

## Properties

Glycemic Index:23.75, Glycemic Load:1.06, Inflammation Score:-7, Nutrition Score:12.389130493869%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 371.14kcal (18.56%), Fat: 22.45g (34.54%), Saturated Fat: 7.33g (45.79%), Carbohydrates: 16.38g (5.46%), Net Carbohydrates: 15.48g (5.63%), Sugar: 12.02g (13.36%), Cholesterol: 69.17mg (23.06%), Sodium: 626.57mg (27.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.18g (50.37%), Selenium: 28.17µg (40.24%), Zinc: 5.95mg (39.66%), Vitamin B12: 1.88µg (31.37%), Vitamin B3: 5.72mg (28.58%), Vitamin B6: 0.54mg (26.8%), Phosphorus: 180.02mg (18%), Vitamin B2: 0.28mg (16.71%), Iron: 2.53mg (14.06%), Vitamin C: 9.43mg (11.44%), Potassium: 397.23mg (11.35%), Magnesium: 32.98mg (8.24%), Vitamin B1: 0.12mg (8.22%), Manganese: 0.13mg (6.43%), Copper: 0.13mg (6.26%), Vitamin K: 3.89µg (3.71%), Fiber: 0.9g (3.58%), Calcium: 26.62mg (2.66%), Vitamin E: 0.36mg (2.41%), Folate: 9.61µg (2.4%), Vitamin A: 73.06IU (1.46%)