



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 ground turmeric

- ☐ 4 teaspoons lemongrass fresh peeled chopped
- ☐ 3 macadamia nuts
- ☐ 1 cup peanut dipping sauce
- ☐ 1 chile fresh red chopped
- ☐ 2 pounds rib-eye 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

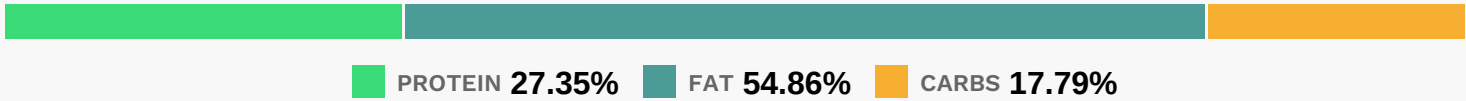
Directions

- ☐ 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.

☐☐☐☐☐☐☐

Nutrition Facts



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%)