Dinner

Colourful Beef and Pineapple Skewers

Cubes of rump steak soak up a smoky garlic and lime marinade before being threaded with capsicum, zucchini and pineapple. Grilled until lightly charred, the skewers make a vibrant meal hot off the barbecue.



Nut free

350 min	396	21 g	10.1 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] Kebabs
- [ ] 1 kg lean rump steak, cut into 2–3 cm cubes
- [ ] Red: 2 red capsicums, cut into chunks or 2 punnets of cherry tomatoes
- [ ] Yellow: 400 g fresh pineapple, cut into chunks or 2 yellow capsicums, cut into chunks
- [ ] Green: zucchinis, cut into thick half-moons or 2 bunches of asparagus, cut into thirds
- [ ] 16 bamboo or metal skewers
- [ ] Simple marinade
- [ ] 2 tablespoons olive oil
- [ ] 2 tablespoons reduced-salt soy sauce
- [ ] 1 tablespoon lime juice
- [ ] 2 garlic cloves, crushed
- [ ] 1 teaspoon smoked paprika

Nutrition Facts

Per serving

Calories	**396**
Total fat	17 g
Saturated fat	4 g
Sodium	517 mg
Total carbs	21 g
Fiber	7 g
Total sugars	10.1 g
Protein	36 g

Method

- [ ] 1 Make the simple marinade by whisking the olive oil, reduced-salt soy sauce, lime juice, crushed garlic and smoked paprika together in a bowl.
- [ ] 2 Tip in the lean rump steak cubes and toss until every piece is coated, then cover the bowl and refrigerate for at least 30 minutes or up to 4 hours.
- [ ] 3 While the beef marinates, soak bamboo skewers in water for 20-30 minutes; metal skewers can go straight onto the grill without soaking.
- [ ] 4 Build the kebabs by threading the marinated steak onto the skewers with red capsicum chunks (or cherry tomatoes), zucchini cut into thick half-moons (or asparagus cut into thirds) and pineapple chunks (or yellow capsicum chunks), repeating the colours for a traffic-light look.
- [ ] 5 Preheat the barbecue to a medium-high heat and lightly oil the grill if needed.
- [ ] 6 Lay the kebabs on the barbecue and cook for 8-10 minutes, turning regularly, until the beef is cooked to your liking and the vegetables are lightly charred.
- [ ] 7 Give the kebabs a few minutes to rest before serving.

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