

Grilled Beef Skewers with Tamari Lime Sauce & Caulirice

The blend of Grilled Beef Skewers served with Cauliflower Rice, and tangy Tamari-Lime Sauce.



Before you start


Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

What you'll need

Big bowl, Grater, Chopping board, Knife, Peeler, Bowl, Salt, Black pepper, Baking tray, Cooking pan, and Oil.

Ingredients (2 persons)


 Beef Tenderloin Cubes 320GR


 Soy sauce 25ML

 Sweet Soy Sauce 25GR


 Toasted Sesame Oil 15ML


 Cauliflower 350GR

 Bamboo Stick 6Unit


 Edamame Beans 20GR


 Spring Onion 10GR

 Red Onion 120GR

 Red Cherry Tomato 125GR

 Green Bell Pepper 140GR

 Carrot 120GR

 Cucumber 120GR

 Coriander Leaves 5GR

 Lime 65GR

 Tamari Soy Sauce 40ML

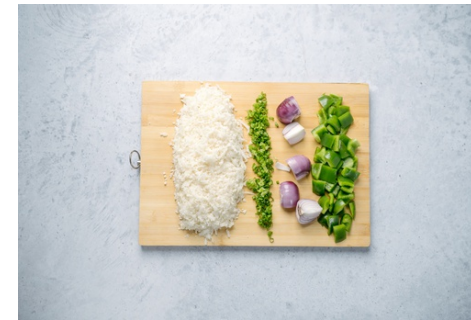
 Mixed Sesame Seeds 1GR

Method



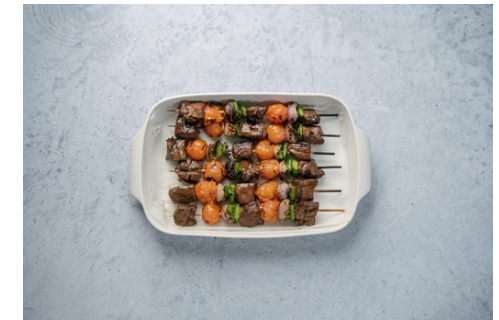
Marinate the Beef

Begin by placing the **beef cubes** in a bowl. Combine them with **sweet soy sauce**, **soy sauce**, and **sesame oil** for marination. Set aside to allow the flavors to infuse.



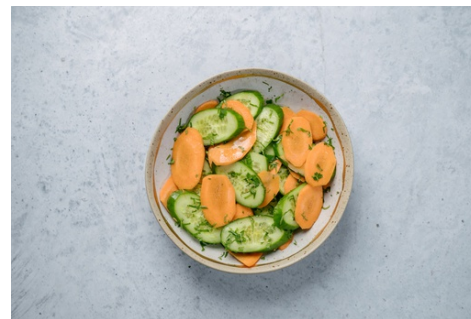
Prep the Ingredients

Proceed to grate the **cauliflower** and finely chop the **spring onion**. Peel the **red onion**, cutting it into quarters, and chop half of the **green bell pepper** into small cubes.



Grill the Beef

Assemble the **skewers** by alternating **marinated beef cubes**, **cherry tomatoes**, pieces of **green capsicum**, and **red onion** quarters. Arrange these skewers on a baking tray and roast in the oven, turning once, for 5-7 minutes on each side, or until they reach your preferred level of doneness.



Make the Salad

For the salad, thinly slice the **carrot** and **cucumber** diagonally. Chop the **coriander leaves**. In a mixing bowl, combine the **cucumber**, **carrot**, and **coriander**, squeezing **lime juice** over the top and seasoning with **black pepper** and **salt** to taste.



Make the Caulirice

In a skillet over medium heat, add a bit of **oil**. Stir in the **grated cauliflower** and **edamame**, seasoning with **black pepper** and **salt**, and sauté for 3-5 minutes until tender yet crisp.



Serve and Enjoy!

Arrange the **cauliflower rice** on a plate, sprinkle with chopped **spring onions** and **sesame seeds**, and place the **beef skewers** alongside. Accompany with the **cucumber-carrot salad** and a side of **tamari-lime sauce** for added flavor.

Allergens Sesame Soy