

BEEF KEBABS with MUSHROOM

INGREDIENTS

- 1kg lean, tender beef, such as fillet, porterhouse or rump
- 2 tsp Dijon mustard
- 2 tsp chopped fresh rosemary
- 3 tbsp olive oil
- 1/3 cup red wine
- Freshly ground black pepper
- 1 red capsicum
- 16 (approx 200g) button mushrooms
- 14 skewers (pre soaked in water)
- Cut beef into 2cm chunks.

METHOD

1. Mix mustard, rosemary, oil, red wine, and pepper together.
2. Marinate beef for 1 hour, in the refrigerator.
3. Cut capsicum in half, remove seeds and dice to 2cm.
4. Wipe mushrooms clean and cut in half.
5. Drain excess marinade.
6. Thread ingredients onto skewers.
7. Use remaining marinade for basting during cooking
8. Place kebabs on oiled barbecue grill.
9. Cook for 12 minutes, turning 3-4 times.

Serves 14

	Per Serving	Per 100g
Energy	570kJ	556kJ
Protein	16g	15g
Fat – Total	7g	7g
- Saturated	2g	2g
Carbohydrate - Total	<1g	<1g
- Sugars	<1g	<1g
Sodium	42mg	41mg



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