

TIKKA MASALA

BEEF SKEWERS

This quick and flavourful recipe is a great way to try something new in the kitchen. Choose Beef Strip Loin Fast-fry Steak. Serve the cooked skewers buffet style and let everyone pick their toppings. The subtle spice from the curry paste is cooled off with the Raita sauce, making for a perfectly balanced dish.

Prep Time: 60 minutes **Cook Time:** 10 minutes

Total Time: 1 hour 10 minutes

Servings: 4

INGREDIENTS

Beef Skewers

¼ cup plain Greek yogurt

1 tbsp masala or curry paste

1 lb (500 g) beef fast-fry steak, sliced into 1-inch strips

Raita

1 cup plain Greek yogurt

⅓ cup finely grated cucumber, squeezed dry

¼ cup finely chopped onion

½ tsp salt

¼ tsp pepper

1 clove garlic, minced

Assembly

4 pieces of Naan bread or pitas

Sliced cucumber

Sliced red onion

1 cup shredded lettuce

1 roma tomato, diced

¼ cup torn cilantro leaves

COOKING DIRECTIONS

Beef skewers: Position oven rack in top third of oven.

Preheat the oven's broiler. Line a rimmed baking sheet with foil and set aside. (If using bamboo skewers, soak in water for 15 minutes.) In a medium-sized bowl, stir together yogurt and masala. Add beef to the yogurt mixture and stir until evenly coated. (Cover and keep refrigerated in an airtight container for up to 24 hours if not cooking immediately.)

Thread 1 strip of beef onto each skewer and place on baking sheet. If strips are small, thread 2 or 3 strips onto a skewer. Broil for 5 to 7 minutes. (Keep the oven light on and check often to make sure skewers do not burn.)

Raita Sauce: In a small bowl, combine yogurt, cucumber, onion, salt, pepper and garlic. Refrigerate until ready to use.

Assembly: Remove beef from the skewers and place on top of naan bread. Garnish with cucumber, red onion, lettuce, tomato, cilantro and Raita Sauce.



SHOPPING LIST

Masala or curry paste

1¼ cups plain Greek yogurt

1 lb (500 g) beef fast-fry steak (e.g. Strip Loin)

1 cucumber

1 cooking onion

1 clove garlic

4 pieces of Naan bread or pitas

1 red onion

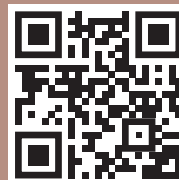
Lettuce

1 Roma tomato

Fresh cilantro (optional)

Wooden skewers

Make this recipe a family 'cook-along' event for dinner or lunch. Get your gang to follow the [full step-by-step cooking demo](#). LOADED with TONS of TIPS and secrets to help you cook better!



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