

STEAK KEBABS

Prep: 25 minutes | Marinate: 3 hours | Cook: 10 minutes

MARINADE

¼ c olive oil
¼ c soy sauce
1 ½ tbsp fresh lemon juice
1 ½ tbsp red wine vinegar
2 ½ tbsp Worcestershire sauce
1 tbsp honey
2 tsp Dijon mustard - smooth
1 tbsp minced garlic
1 tsp freshly ground black pepper

KEBABS

2 sirloin steaks
3 bell peppers (1 red, 1 green, 1 yellow)
1 large red onion cut into chunks
Olive oil, plus more for brushing grill grates
Salt & freshly ground black pepper
10 wooden skewer sticks soaked in water for at least 30 minutes

METHOD

For the marinade

In a mixing bowl whisk together all marinade ingredients.

For the kebabs

Cut the steaks into 1 ¼ inch pieces and then place the pieces into a resealable bag. Pour the prepared marinade over the steak and seal bag while pressing out any excess air. Put the bag in the refrigerator and allow the steak to marinate for 3 - 6 hours.

Once the marinating time is up, preheat your indoor grill or barbeque to medium-high heat, about 425 degrees (make sure your grill is clean).

While the steak is marinating, prepare and cut the vegetables into 1 ¼ inch pieces, drizzle with oil, and lightly toss to coat (be careful that you don't separate the onion chunks). Season vegetables with salt and pepper and now assemble your kebabs on the skewers in your desired order!

Brush grill lightly with oil to prevent the vegetables from sticking. Place kebabs on grill and turn on all sides for about 5-8 minutes total. Be careful not to overcook!

ENJOY



Recipe adapted from Cooking Classy