



THAI BEEF SKEWERS (AKA SATAY)

with Peanut Dipping Sauce, Broccoli,
and Jasmine Rice

PREP: 5 MIN
TOTAL: 30 MIN

LEVEL 1

DAIRY
FREE

GLUTEN
FREE



HELLO

SATAY PEANUT SAUCE

Incredibly satisfying and slightly sweet with a kick of citrus tang

INGREDIENTS:

- Garlic
- Lime
- Scallions
- Jasmine Rice
- Broccoli Florets
- Sirloin Tips
- Soy Sauce (Contains: Soy)
- Peanut Butter (Contains: Peanuts)
- Skewers

FOR 2 PEOPLE:

- 2 Cloves
- 1
- 2
- ½ Cup
- 8 oz
- 12 oz
- 4 tsp
- 2 TBSP
- 4

FOR 4 PEOPLE:

- 4 Cloves
- 1
- 4
- 1 Cup
- 16 oz
- 24 oz
- 8 tsp
- 4 TBSP
- 8

NUTRITION PER SERVING

657 cal | Fat: 23 g | Sat. Fat: 5 g | Protein: 48 g | Carbs: 62 g | Sugar: 12 g | Sodium: 654 mg | Fiber: 5 g

START STRONG

Although classic satay dishes feature skewers, feel free to skip 'em if you're short on time. Instead, broil the beef directly on a baking sheet, turning once halfway through.



BUST OUT

- Zester
- Baking sheet
- Medium pan
- Olive oil (4 tsp | 8 tsp)
- Sugar (4 tsp | 8 tsp)
- Small pot
- Medium bowl

1 PREHEAT OVEN AND COOK RICE

Wash and dry all produce.

Preheat oven to 400 degrees. Mince **garlic**. Zest and halve **lime**. Thinly slice **scallions**, keeping **greens** and **whites** separate. Bring **1 cup salted water** to a boil in a small pot. Once boiling, add **rice**. Cover and simmer until tender, about 15 minutes. Keep covered.



4 MAKE PEANUT SAUCE

Heat a drizzle of **olive oil** in a medium pan over low heat. Add **scallion whites** and remaining **garlic**, and toss until fragrant, 1-2 minutes. Stir **peanut butter**, **1 tsp soy sauce**, and **2 tsp sugar** into pan. Slowly stir in **¼ cup water** until incorporated. Remove pan from heat, and stir in a squeeze of **lime**. Season to taste with **salt** and **pepper**.

2 ROAST BROCCOLI

Toss **broccoli** on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast until golden brown and slightly crispy, 15-20 minutes.



5 BROIL SKEWERS

Preheat broiler to high (or increase oven to 500 degrees). Rinse **skewers** under water, then thread **steak** onto them. Place on baking sheet and broil, flipping over halfway through, until slightly charred and cooked to desired doneness, 5-10 minutes.

3 MARINATE STEAK

Combine **sirloin tips**, **1 TBSP soy sauce**, **2 tsp sugar**, half the **garlic**, **½ tsp lime zest**, and a large drizzle of **olive oil** in a medium bowl. Season with **salt** and **pepper**.



6 PLATE

Serve **satay** on a bed of **rice** alongside **broccoli**. Garnish with **scallion greens**, and serve with **peanut sauce** for dipping.

YUM!

Next time, make extra peanut sauce to dress up pasta, grilled chicken, or stir-fries.

