



Curry Beef Kebab Recipe

Preparation Time	480
Cooking Time	20
Serving Size	5

Ingredients:

- 1/2 kg beef, sirloin (or beef ribeye), cut into chunks
- 1 pack DEL MONTE Quick 'n Easy Curry Mix (40g)
- 3 Tbsp sour cream
- 1/3 cup carrot, cut into cubes
- 100 g cherry tomato, whole

Preparation:

1. Marinate beef in DEL MONTE Quick 'n Easy Curry Mix and sour cream preferably overnight in the refrigerator.
2. Skewer beef, cherry tomatoes, and carrots on barbecue sticks. Pan-grill or charcoal-grill until beef is cooked. Serve with rice.

Chef's Tip

Marinating the beef in sour cream helps in tenderizing the beef as the sour cream contains acid that breaks down the protein. The thickness of the sour cream helps keep the curry stick to the meat better.

Lusog Notes

This dish is high in vitamin A which is important for the normal structure and functioning of the skin and other body linings. It also contains iron that is needed for normal metabolism.

Cooking Skills Needed

- Marinating
- Grilling

Cooking Tools

- Chopping Board
- Bamboo Skewer
- Grill Pan