BEEF SATAY & CAULIFLOWER RICE

Serves: 2
Prep: 15 mins
Cook: 25 mins

Protein: 2
Veggies: 2

WHAT YOU NEED

- 1 lb. New York strip or flank steak
- 24 wood skewers soaked in water (if using a BBQ)
- 4 cups cauliflower rice, cooked

For the Marinade:

- 1/4 cup low sodium beef broth
- 1 tsp. chili flakes
- 1 tsp. Walden Farms maple syrup
- 1/2 tsp. cumin
- 1/2 tsp. turmeric
- 1/4 tsp. pepper
- 1/2 tsp. garlic powder

For the Dipping Sauce:

- 2 cloves garlic, chopped
- 2 T. green onions, chopped
- 1 tsp. olive oil
- 1/4 cup low sodium soy sauce
- 1 tsp. red chili flakes
- 1/4 cup low sodium chicken broth

WHAT YOU NEED TO DO:

1. Cube raw steak and place into large zip lock bag.
2. Combine marinade ingredients in a small bowl; Stir well.
3. Pour marinade into plastic bag with raw steak.
4. Refrigerate for at least 15 minutes.
5. Place meat on skewers and grill for 2-3 minutes each side.
6. For the dipping sauce, sauté garlic and green onion with olive oil. Add soy sauce, chili flakes, and chicken broth. Strain if desired.
7. Plate 8oz. skewers over 2 cups of cauliflower rice with a side of dipping sauce.

TIP:

Goes great with the Cucumber Mint Salad recipe. Add extra veggies on your skewers.

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