

Beef skewers with tabbouli

Serves 4

Preparation time: 15 minutes

Cooking time: 5-10 minutes

800g rump steak, fully trimmed, cut into 1.5cm cubes
1 tbsp extra virgin olive oil, plus 1 tsp extra
1 tsp garam masala
1 red capsicum, seeded, cut into 1.5cm dice
1 green capsicum, seeded, cut into 1.5cm dice
8 wooden skewers, soaked in cold water for 10 minutes
180g (1 cup) burghur
1 Lebanese cucumber, trimmed, diced
3 large vine ripened tomatoes, seeded, diced
1 large carrot, peeled, grated
1 cup fresh flat leaf parsley, finely chopped
1 tbsp lemon juice



Toss the beef, extra olive oil and garam masala in a medium bowl. Thread the beef, and capsicum alternately on prepared skewers.

Place the burghur in a heat proof bowl, pour over enough boiling water to cover, set aside for 2 minutes. Drain well, pressing out as much excess water as possible. Transfer to a large mixing bowl.

Add the cucumber, tomato, carrot, parsley, lemon juice and olive oil to the burghur and stir to combine. Season to taste freshly ground black pepper.

Preheat char grill pan, barbecue or non-stick frying pan over medium-high heat. Grill skewers for 1-2 minutes each side, or until cooked to your liking.

Serve skewers with the tabbouli and a wedge of lemon.