

45 minutes

Serves 4

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Ingredients:

Rice:

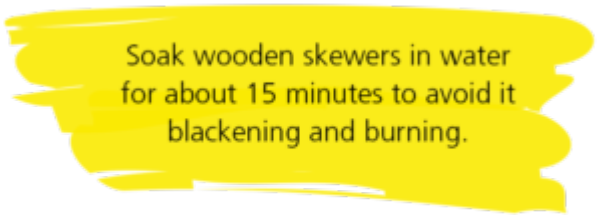
- 2 cardamom pods, bruised
- 1 cup (250ml) rice
- ¼ cup (60ml) desiccated coconut

Satay sauce:

- ¼ cup (60ml) peanut butter
- 2 Tbsp (30ml) soy sauce
- 2 Tbsp (30ml) vinegar
- 2 tsp (10ml) grated ginger
- ½ tsp (3ml) ground turmeric
- 2 Tbsp (30ml) warm water

- 400g tenderised steak
- Salt and milled pepper
- 1 red onion, cubed
- Handful fresh coriander
- 2 cups (500ml) shredded cabbage

Method



Soak wooden skewers in water for about 15 minutes to avoid it blackening and burning.

1. Place cardamom pods in a saucepan, add rice and cook according to packet

instructions.

2. Add coconut to cooked rice, cover and set aside for 10 minutes, then fluff with a fork.
3. Whisk sauce ingredients together.
4. Season steak and cut into strips.
5. Thread onto bamboo skewers, alternating with onion. Set aside.
6. Chargrill, pan-fry or braai skewers until done to your liking.
7. Serve skewers scattered with coriander and with coconut rice, shredded cabbage and dipping sauce on the side.