

BEEF SATAY with

PEANUT SAUCE + VEGETABLE MEDLEY

INGREDIENTS

4 oz. steak
1 Tbsp soy sauce
1/2 Tbsp honey
1/2 tsp sesame oil
1/2 Tbsp olive oil
1 Tbsp minced garlic
1/2 Tbsp chopped cilantro
1 Tbsp warm water
1 Tbsp creamy peanut butter
sprinkle of crushed red pepper
1/2 cup brown rice
1/2 cup sliced zucchini
1 red pepper, chopped
1/2 cup mushrooms, sliced
1 cup broccoli

INSTRUCTIONS

- 1) Begin cooking rice according to package instructions. Preheat broiler. Defrost steak in microwave using "weight defrost" and press number 4. Sprinkle steak with salt and pepper and thread onto metal skewer
- 2) Combine 3 tsp soy sauce, 1 tsp honey, and 1/2 tsp garlic; pour over kabob
- 3) Place kabob on a foil-lined baking sheet. Broil on top oven rack 5 minutes or until browned
- 4) Combine cilantro, water, peanut butter, 1/2 tsp soy sauce, 1/2 tsp honey, and a sprinkle of red pepper. Stir with fork until smooth consistency. Serve sauce over kabob
- 5) Place 1/2 tsp minced garlic, zucchini, red pepper, sliced mushrooms, and broccoli in large skillet over medium high heat. Drizzle with 1/2 tsp olive oil and cook for 5 minutes or until tender. Serve over rice with kabobs.

Nutrition Facts

servings per container	
Serving size	(548g)
Amount per serving	
Calories	680
% Daily Value*	
Total Fat 27g	35%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 760mg	33%
Total Carbohydrate 73g	27%
Dietary Fiber 9g	32%
Total Sugars 19g	
Includes 8g Added Sugars	16%
Protein 40g	
Vitamin D 0mcg	0%
Calcium 108mg	8%
Iron 4mg	20%
Potassium 1580mg	35%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

