



## SPOTLIGHT RECIPE

# BEEF SUYA

SERVES 8

### INGREDIENTS

- 1 tablespoon roasted peanuts, finely ground
- 2 teaspoons salt
- 1 teaspoon ground cayenne pepper
- 1 teaspoon ground paprika
- 1 teaspoon ground ginger
- 1 teaspoon granulated garlic
- 1 teaspoon onion powder
- 3 pounds beef flank steak, cut into 1-inch pieces
- 16 wooden skewers, presoaked

### DIRECTIONS

Preheat the grill.

In a mixing bowl add, all ingredients besides flank steak. Toss to combine the spice mixture, add the flank steak and toss to coat evenly. Cover and refrigerate for 1 hour.

Place 3 ounces of the flank steak onto each presoaked wooden skewer.

Spray the preheated grill with nonstick cooking spray.

Place the skewers on the grill, cook for 4 minutes on each side. Remove from the grill and serve immediately.

#### Sides

Roasted Peppers and Onions • Couscous

