

MasterFoodsTM

PROFESSIONAL

Charred Beef, Pineapple and Capsicum Skewers
RECIPE

Charred Beef, Pineapple and Capsicum Skewers



<?xml version="1.0"?>

TIME

8 minutes

INGREDIENTS

5 items

MAKES

6 servings

A dish that can be prepped well ahead and cooked in a fraction of time. Served with a fresh salad or even steamed rice. If using bamboo skewers, soak in water at least 30 minutes ahead of time.

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INGREDIENTS

- 400 g Rump Steak, cut into 4 cm chunks
- ¼ Pineapple, sliced and cut into 4 cm pieces
- 2 Green Capsicums, deseeded and cut into 4 cm pieces
- 1 tbsp. Olive Oil
- 2 tbsp. MasterFoods™ Professional Lemon Pepper Seasoning, divided in half

PRODUCTS USED



MasterFoods Professional Lemon Pepper Seasoning 1.8kg

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Cooking Instructions:

1. 1
Preheat barbecue or grill on high.
2. 2
Toss the beef chunks, pineapple, and capsicum in half the lemon pepper seasoning, then thread evenly onto 6 skewers.
3. 3
Brush the skewers lightly with oil and cook for 4 minutes on both sides.
4. 4
Sprinkle over remaining lemon pepper seasoning for extra flavour and rest for 5 minutes.
5. 5
Perfect served with Asian Style Coleslaw.

Tips:

1. 1
For extra spice, combine 1 tsp. of MasterFoods™ Professional Chilli Sprinkle with the

Lemon Pepper Seasoning.

2. 2

For added sweetness, drizzle a little honey over the skewers when they're hot off the heat.

3. 3

This dish can easily be turned into a stir fry by adding ½ cup of MasterFoods™ Professional Sweet and Sour Sauce.

4. 4

Add dash of toasted sesame seeds for extra crunch and nuttiness.

5. 5

Can also be served with steamed jasmine rice.

More Recipes Like This



[Choc-Berry Bircher Muesli](#)

Cooking time

10 min

Ingredients

11 items

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[Shredded Barbecue Chicken Pancakes](#)

Cooking time

60 MINS

Ingredients

8 items

[SEE DETAILS](#)



[Gua Bao Buns](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



New York Inspired Tagliatelle Pasta

Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)

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