

## **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.

SHARE

- Pinterest (opens in new window)
- Facebook (opens in new window)
- Twitter (opens in new window)
- Download (opens in new window)
- Print (opens in same window)

## **INGREDIENTS**

- 400 g Rump Steak, cut into 4 cm chunks
- 1/4 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

### **SEE DETAILS**

## **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

**SEE DETAILS** 



#### **Shredded Barbecue Chicken Pancakes**

Cooking time

60 MINS

Ingredients

8 items

**SEE DETAILS** 



#### **Gua Bao Buns**

Cooking time

10 min

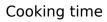
Ingredients

11 items

**SEE DETAILS** 



## **New York Inspired Tagliatelle Pasta**



15 minutes

Ingredients

9 items

**SEE DETAILS** 

#### **Source URL:**

https://www.masterfoodsprofessional.com.au/recipes/charred-beef-pineapple-and-capsicum-skewers