

Tikka Masala Beef Skewers



Shopping List

Fast fry beef steak Masala or curry paste Plain Greek yogurt Naan bread or pita Cucumber Red onion Lettuce **Tomato** Cilantro Salt and pepper Garlic clove

Ingredients

1 tbsp (15 mL) masala or curry paste 1/4 cup (60 mL) plain Greek yogurt 1 lb (500 g) fast fry beef steaks (thin cut strip loin), sliced into 1-inch strips 4 slices whole-wheat Naan bread or pita 1 cup (250 mL) cucumber slices ½ cup (125 mL) red onion slices 1 cup (250 mL) shredded lettuce 1 roma tomato, diced 1/4 cup (60 mL) cilantro Raita:

1 clove garlic, minced

1/3 (75 mL) finely grated cucumber, squeezed dry 1 cup (250 mL) plain Greek yogurt 1/4 cup (60 mL) finely chopped onion ½ tsp (2 mL) salt 1/4 tsp (1 mL) pepper

Instructions

- 1. Beef skewers: Position oven rack in top third of oven. Preheat the oven's broiler. Soak skewers in warm water for at least 30 minutes.
- 2. In a medium sized bowl, mix together masala paste and yogurt. Add beef to spice mixture and stir until evenly coated. Can keep refrigerate in an airtight container for up to 24 hours if not cooking immediately. Tightly thread 1 strip of beef onto each skewer and place on a foil-lined 21 x 15 inch baking sheet. If strips are small, thread 2 or 3 strips onto a skewer. Broil for 5 to 7 minutes. Keep the oven light on and check often to make sure beef does not burn.
- 3. Raita: In a small bowl, mix together cucumber, yogurt, onion, salt, pepper and garlic. Refrigerate until ready to use.
- 4. Garnishes: Use naan bread to pull the beef off of the skewers. Garnish your wrap with cucumber, red onion, lettuce, tomato, cilantro and Raita sauce.



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Serve this recipe up buffet style and let everyone pick their own toppings. The subtle spice from the curry paste is cooled off with the Raita yogurt sauce making for a perfectly balanced dish.

Make your own masala paste at home by mixing together 1/4 cup (60 mL) tomato paste, 2 cloves garlic minced, 1 tbsp (15 mL) each grated fresh ginger, curry powder and masala spice blend. ¼ tsp (1 mL) each salt and pepper.

Nutrition Facts per serving	
Amount	
Calories	338
Protein	32 g
Fat	10 g
Carbohydrate	33 g
Fibre	5 g
Sugars	6 g
Added Sugar	0 g
Sodium	548 mg

notes

Recipe and image courtesy of Canada Beef https://thinkbeef.ca/tikka-masala-beef-skewers/