



Grass Fed Beef Satay with Spicy Peanut Sauce

Active Time: 10 minutes | **Total Time:** 1.5 hours | **Serves:** 8

Nutrition Information Per Serving

224.6 calories, 9.02 g carbohydrate, 0.23 g fiber, 8.79 g NET carbs, 19.83 g protein, 10.3 g fat

Ingredients

- 1/2 tsp(s) Frontier Five Spice Powder
- 8 Tbsp(s) Sky Valley Organic Peanut Sauce
- 2 clove(s) organic garlic, finely chopped
- 1 Tbsp organic honey
- 2 medium(s) organic scallions (white part only), chopped
- 1 Tbsp fresh organic ginger, finely chopped
- 1/2 tsp(s) freshly ground pepper
- 1/4 cup(s) organic tamari (gluten free soy sauce)
- 4 tsp(s) organic sesame oil
- 4 ounce(s) organic sake (rice wine)
- 24 ounce(s) grass-fed flank steak

Preparation

1. Cut the flank steak across the grain into 1/4-inch-thick slices. Thread the meat onto 8-inch bamboo skewers and arrange the skewers side by side on a large platter.
2. Combine the sake, tamari, sesame oil, honey, garlic, ginger, scallions, five-spice powder and pepper in a small bowl. Pour the marinade over the skewers and turn to coat. Let the beef marinate at room temperature for 30 minutes or refrigerate for up to 1 hour.
3. Prepare the grill. Place the grate 6 to 8 inches from the heat source. Lightly brush the grate with oil. Light the grill.
4. Arrange the skewers on the grate and grill over high heat, turning once, until sizzling and nicely browned all over, 6 to 7 minutes.
5. Transfer the skewers to a large platter. Serve with peanut sauce.

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