

Category: Dishes

Beef Kebob

Chef Keto Keith

These Kebobs can be served with large lettuce leaves. 3 Kebobs per serving so you can increase or decrease depending on weather it's a appetizer or main course.

Ingredients

3 Flank steak 8 inches long 1/12 inch width (the butcher will cut for you)
2 large tomatoes (sliced thickly)
1 bunch of mint
1 cup full fat unsweetened Greek yogurt
2 lemons cut in halves
small red (thinly sliced)
For marinate
1/2 cup olive oil
1 teaspoon smoked paprika
1 teaspoon granulated garlic
10 fresh mint leaves
10 fresh flat leave parsley
1 tablespoon Dijon mustard
6 twelve inch wooden skewers (soak in water)

Directions

Put all marinate ingredients in a blender and pules until smooth. Do not add salt

Put marinate in a bowl and set aside.

Take each flank steak strip and cover with plastic wrap so you can lightly pound it. If you don't have a mallet, the back of a small saute pan works for me.

Take each lightly pounded strip out of plastic wrap and place in marinate.

Marinate for 20 minutes

Prepare grill by getting it hot and making sure it's free of all debri. Oil the grill and get it to a high temperature.

Take one bambo skewers and skewer the flank strip in a zig zag motion.

Repeat with other skewers and flank strip.

With a pare of thongs place meat part only of skewers on grill.

Grill 2 to 3 minutes on each side. Work with 2 skewers at a time.

Get a large serving platter and mint in one area, add sliced red onion in another area, and sliced tomatoes in another.

Remove skewers from grill, add salt and pepper right off grill and add to the center of platter.

Add 4 generous dollops of yogurt to platter.

Place lemon on hot grill cut side down, char lemon and add to platter.

Number Of Servings: 1

Preparation Time: 20 minutes