

Mince Kebabs with Satay Sauce

Kebabs

500g mince meat, beef or lamb
1 white onion, grated
2 garlic cloves, finely grated
½ tsp ground ginger
1tsp chilli flakes
1tbs olive oil
2tsp curry powder
½ tsp turmeric

Satay Sauce

1 small white onion, grated
2 garlic cloves, grated
1tbs oil
¼ cup almond butter
¼ cup coconut cream
1tbs soy sauce (optional)
Chilli flakes

Pre-heat a grill to medium heat.

Place all kebab ingredients into a medium size mixing bowl, combine well.

Roll mixture into small sausage shapes, thread onto a skewers and place on grill for 5-6 minutes or until cooked through.

To make the almond sauce, place the oil, onion and garlic into a pan and fry on low heat for 5 minutes or until slightly browned.

Add almond butter, coconut cream and soy sauce, stir consistently until thickened. Remove from heat and stir in a desired amount of chilli flakes. Leave to cool slightly and remove excess oil.

To serve, place kebabs on some salad leaves and spoon satay sauce over the top.



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