



# Let's MAKE LUNCH

## LESSON TWO

### Tikka Masala Beef Skewers

#### TIKKA MASALA BEEF SKEWERS

##### Ingredients

##### Beef skewers

- 1 tbsp masala or curry paste
- ¼ cup plain Greek yogurt
- 1 lb (500 g) **Fast-fry beef steaks (e.g. thin-cut Strip Loin)**, sliced into 1-inch strips

##### Raita

- ⅓ cup finely grated cucumber, squeezed dry
- 1 cup plain Greek yogurt
- ¼ cup finely chopped onion
- ½ tsp salt
- ¼ tsp pepper
- 1 clove garlic, minced

##### Garnishes

- 4 pieces of Naan bread or pitas
- 1 cup cucumber slices
- ½ cup red onion slices
- 1 cup shredded lettuce
- 1 roma tomato, diced
- ¼ cup cilantro (optional)

##### Cooking Directions

- **Beef skewers:** Position oven rack in top third of oven. Preheat the oven's broiler. In a medium sized bowl, mix together masala paste and yogurt. Add beef to spice mixture and stir until evenly coated. Can keep refrigerated in an airtight container for up to 24 hours if not cooking immediately. Thread 1 strip of beef onto each skewer and place on a foil-lined rimmed 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.
- **Raita:** In a small bowl, mix together cucumber, yogurt, onion, salt, pepper and garlic. Refrigerate until ready to use.
- **Garnishes:** Pull beef off the skewers and place on top of naan bread. Garnish with cucumber, red onion, lettuce, tomato, cilantro and Raita sauce.



## Shopping List

- Masala or curry paste
- 1¼ cups plain Greek yogurt
- 1 lb (500 g) Fast-fry beef steaks (e.g. thin-cut Strip Loin)
- 1 cucumber
- 1 cooking onion
- 1 clove garlic
- 4 pieces of Naan bread or pitas
- 1 red onion
- Lettuce
- 1 Roma tomato
- Fresh cilantro (optional)
- Wooden skewers

All online lessons are led by nutrition and food skills educator, Andrea Villneff BASc, PHEc, Chef.

Cook along with us:, just click!

 **YouTube**  
/LoveCDNbeef

