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A delicious SPARTA Beef **Recipe**

**Fillet shish kebab served with a
roast tomato and caramelised onion
couscous (2 kebabs)**

Ingredients

- 10 ml Meat Rub
- 40 g Red and yellow bell peppers
- 200 g Fillet
- 10 g Bay leaves
- 100 g Streaky bacon
- 20 ml Olive oil
- 10 ml butter
- 50 g Couscous
- 75 ml Hot chicken stock
- 40 g Onions, sliced
- 40 g Roasted cherry tomatoes
- 50 g Beetroot
- 50 g Leeks
- 50 g Onions
- 50 g Butternut
- 10 g Garlic
- 50 g Carrots
- Salt and pepper
- 60 ml Olive oil
- 1 Rosemary sprig

Meat Rub

- 1 Bunch rosemary
- 60 g Garlic, chopped
- 10 ml Cumin
- 30 ml Coarse salt
- 50 ml Olive oil
- 10 ml Black pepper
- 1 Bunch chives
- 4 Pieces lemon zest
- 10 ml Paprika

Crush all ingredients together in a pestle and mortar to form a paste.

Preparation

1. Cut the aubergine and fillet into 3 cm cubes.
2. Marinade the fillet in the Meat Rub.
3. Cut peppers into ±3 cm squares, rub with 10 ml olive oil, season and roast in the oven for 15 min at 200°C until cooked.
4. Place the bacon strips flat on a roasting tray and cook in oven at 200 °C until just done.
5. Use shish skewers and arrange the fillet cubes (total 3), red and yellow bell peppers (total 2 each), rolled streaky bacon (total 2 slices) and bay leaves (total 2) in this order on each skewer. Prepare 2 skewers per dish.
6. Cook the gnocchi in boiling water and keep aside.
7. Mix the couscous and olive oil in a bowl, cover with boiling chicken stock and let it stand until swollen out completely.
8. Caramelize the onions by frying them in 10 ml olive oil and 10 ml butter on a low heat until golden brown.
9. Sprinkle the tomatoes with chopped basil and roast in the oven for 15 min at 200 °C. Mix everything with the couscous.
10. Grill the shish kebab in a hot griddle pan as desired.
11. To serve, dish up the couscous on a plate, cover with the root vegetables and top off with the two shish kebabs.

Soak the wooden kabab skewers in water for 15 minutes prior to grilling/frying.

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Bloemfontein		Welkom	
Langenhoven Park Pick n Pay _____	051 446 4108	SPARTA Mega Meat _____	057 355 7546
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