

## BBQ Beef Skewers

Serves: 1

Prep time: 5 Minutes

Cooking time: 10-12 Minutes

### Ingredients:

- 1 thick slice rump steak, cut into large cubes
- 1 teaspoon crushed garlic
- ½ red capsicum, large pieces
- ½ green capsicum, large pieces
- ½ brown onion, wedged and separated
- 2 tablespoons seeded mustard

### Sauce \*optional

- 2 tablespoons egg mayonnaise
- 2 teaspoons of lemon juice
- 1 clove garlic, crushed

### Method:

Preheat grill or BBQ

- Soak 2 wooded skewers in water to avoid burning
- Rub the garlic into steak pieces then spread the mustard over each piece
- Thread steak, red/green capsicum and onion slices, onto skewer and repeat to the end
- Grill or BBQ on a hot grill for 4-6 minutes on each side or until cooked to desired taste
- **\*Sauce optional**
- Mix mayonnaise, lemon juice and garlic together and drizzle over the skewers



*These are fun to take to a BBQ or cooked under the grill*