



## All for the Beef

**Prep** 20 mins

**Cook** 5-7 mins

**Yields** 4-6 servings

# Tikka Masala Beef Skewers



## Shopping List



Fast fry beef steak  
Masala or curry paste  
Plain Greek yogurt  
Naan bread or pita  
Cucumber  
Red onion  
Lettuce  
Tomato  
Cilantro  
Salt and pepper  
Garlic clove

### Ingredients

1 tbsp (15 mL) masala or curry paste  
¼ cup (60 mL) plain Greek yogurt  
1 lb (500 g) fast fry beef steaks (thin cut strip loin), sliced into 1-inch strips  
4 slices whole-wheat Naan bread or pita  
1 cup (250 mL) cucumber slices  
½ cup (125 mL) red onion slices  
1 cup (250 mL) shredded lettuce  
1 roma tomato, diced  
¼ cup (60 mL) cilantro

**Raita:**  
⅓ (75 mL) finely grated cucumber, squeezed dry  
1 cup (250 mL) plain Greek yogurt  
¼ cup (60 mL) finely chopped onion  
½ tsp (2 mL) salt  
¼ tsp (1 mL) pepper  
1 clove garlic, minced

### Instructions

1. **Beef skewers:** Position oven rack in top third of oven. Preheat the oven's broiler. Soak skewers in warm water for at least 30 minutes.
2. In a medium sized bowl, mix together masala paste and yogurt. Add beef to spice mixture and stir until evenly coated. Can keep refrigerate in an airtight container for up to 24 hours if not cooking immediately. Tightly thread 1 strip of beef onto each skewer and place on a foil-lined 21 x 15 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.
3. **Raita:** In a small bowl, mix together cucumber, yogurt, onion, salt, pepper and garlic. Refrigerate until ready to use.
4. **Garnishes:** Use naan bread to pull the beef off of the skewers. Garnish your wrap with cucumber, red onion, lettuce, tomato, cilantro and Raita sauce.

