



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.

