
THE CrossFit *kitchen*



Curry Satay Beef Skewers

overview

Few Paleo people can say no to meat on a stick—especially when it comes with sauce for dipping. Stab, cook, dip, enjoy.

makes 10 skewers

blocks per skewer

1 protein block

blocks per ¼ cup of sauce

1 carbohydrate block

ingredients

Beef Skewers

1 lb. ground meat (beef, turkey, bison, chicken)

1 tbsp. curry powder

1 tsp. olive oil

3 scallions, sliced

red pepper flakes (optional)

salt and pepper

Sweet and Hot Skewer Sauce

½ pineapple, cut in spears

1-3 tbsp. chili paste (depending on how hot you like it)

1 tsp. sesame oil

salt and pepper

directions

1. Mix all beef-skewer ingredients well.
2. Form meat into oblong strips that are about 3 inches long and 1 inch thick and wide.
3. Place a skewer through the center of the strips, and put the skewers on a baking sheet.
4. Cook in the oven at 400 F for about 10 minutes.
5. For the dipping sauce, grill the pineapple on each side, and don't worry if it chars. That will add flavor. Throw the pineapple and other ingredients into a food processor and blend until smooth.

