

# Satay Skewers

## Ingredients

- 500g rump steak
- 1 tablespoon of NOOR olive oil
- 1 tablespoon honey
- 1 tablespoon soy sauce

### **Peanut Sauce:**

- 1/2 cup peanut butter
- 1 tablespoon soy sauce
- 1/2 cup water
- 2 teaspoons sweet chili sauce

## Instructions (Up to 30 Mins)

### **Method:**

- Prepare the Marinade: In a bowl, whisk together the olive oil, honey, and soy sauce until well combined.
- Marinate the Steak: Thread the rump steak onto skewers. Brush the skewers generously with the marinade on all sides.
- Grill the Steak: Preheat a grill to medium-high heat. Grill the skewers, turning occasionally, until the steak is cooked to your desired level of doneness. Continue to brush the skewers with the marinade while grilling.

### **Peanut Sauce:**

- Combine Ingredients: In a small saucepan over medium heat, combine the peanut butter, soy sauce, water, and sweet chili sauce.

- **Cook and Stir:** Stir continuously until the sauce is smooth and heated through.

## Nutritional Values

- **Calories: 200-300 kcal**
- **Protein: 20-30g**
- **Fat: 10-20g**
- **Carbohydrates: 5-10g**

Nutritional values are estimates and can vary significantly depending on factors such as ingredient brands, portion sizes, and cooking methods.