

## Beef and Vegetable Satay Sticks



### Ingredients:

500 g rump steak, cut into 2-cm cubes  
6 spring onions, cut into 3-cm lengths  
1 large red capsicum, cut into cubes  
200 g button mushrooms, halved  
2 large zucchini, cut into thick slices  
2 tablespoons oil-free French dressing  
1 teaspoon honey

### Method:

Soak bamboo skewers in water for 10 minutes to prevent them from burning under the grill. Thread the steak, spring onion, capsicum, mushrooms and zucchini onto the skewers. Place skewers on a foil-lined grill tray and baste with combined dressing and honey. Cook under a preheated grill on high, or on a barbecue hot plate, basting and turning a couple of times during cooking until the beef is tender. Serve skewers with a salad or wrapped in a piece of Lebanese bread with rocket. Drizzle with your favourite sauce. Serve with salad on the side, if desired.

Source: <http://www.ausport.gov.au/ais/>