



# Ginger Marinated Beef Skewers

*Add some variety to your cooking routine and make these fun and flavourful beef kebobs. The longer you allow the beef to marinate the more the flavours will soak in, creating delicious juicy beef. Complete the meal with some roasted root vegetables such as parsnips, rutabaga and turnip with a mixed green salad.*

**Prep: 15 minutes • Total: 30 minutes**

## Ingredients:

Beef tenderloin	1 lb	454 g
Fresh ginger, grated	2 tsp	10 mL
Soy sauce	½ Tbsp	7 mL
Sambal olek	1 Tbsp	15 mL
Orange juice	½ cup	125 mL
Fish sauce	1 Tbsp	15 mL
Honey	1 Tbsp	15 mL
Green onion, sliced	1 each	1 each
8 - 10 skewers		
Cooking spray		

## Directions:

1. If using wooden skewers, soak in water for 10 minutes.
2. Whisk all ingredients except the beef and cooking spray in a small bowl.
3. Cut the beef into thin strips.
4. Place in a Ziploc bag and add the marinade.
5. Shake and let sit in refrigerator for at least 20 minutes or up to 1 day.
6. Thread strips onto skewers.
7. Heat a large skillet on medium high, and spray with cooking spray.
8. Place each skewer in hot pan and sear on each side for 2 minutes.

## Nutrition Facts

Serving Size (161g)		
Servings Per Container		
Amount Per Serving		
Calories 270		Calories from Fat 80
		% Daily Value*
Total Fat 9g		14%
Saturated Fat 4g		20%
Trans Fat 0g		
Cholesterol 80mg		27%
Sodium 490mg		20%
Total Carbohydrate 8g		3%
Dietary Fiber 0g		0%
Sugars 5g		
Protein 35g		
Vitamin A --% • Vitamin C 20%		
Calcium 2% • Iron 25%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

**Adapted from:** NutritionRx in partnership with Chef Lindsay Sferrazza

**Makes 4 servings (161 g / serving) • 1 serving = 2-3 skewers**

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