

PERCOLATE KITCHEN

weeknight cooking for working parents

Freezer Meals Class: May 5, 2019

I love pulling these easy shish kebabs kits out when we've got the grill going in the summertime! They're easily customizable, and the simple satay sauce is addicting.

Shish Kebab Meal Kit: PREP CHECKLIST

Supplies needed:

- 10-12 wooden skewers
- Chef's knife
- Cutting board
- Freezer-safe gallon ziplock bags

To cut:

- Red onion, cut in large 2-3" chunks
- Zucchini, cut in large 2-3" chunks
- Sirloin, cut into 2-3" chunks

**Add beef and vegetables to large freezer-safe gallon ziplock bag as they are cut.

Mix:

- Satay ingredients (as marinade: add to bag with meat and vegetables)
- Satay ingredients (as basting sauce: place in its own bag)

Add:

- (optional) one bag of skewers

Label instructions:

- Thaw as needed, then skewer vegetables and beef. Use the second bag of sauce to baste with while cooking

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Satay Shish Kebab Meal Kit: RECIPE

Ingredients:

For the skewers:

2 large zucchini, sliced in half and cut into 2-3" chunks

2-3 large red onion, sliced into quarters

2 pounds sirloin, sliced into 2-3" chunks

For the satay:

3 tablespoons creamy peanut butter

¾ cup soy sauce

3 tablespoons unsweetened rice vinegar

3 tablespoons sesame oil

3 teaspoons garlic powder

3 teaspoons ground ginger

1 ½ ground white pepper

Method:

If using wooden skewers, soak them in water 3-5 minutes while you are preparing the ingredients.

Slice vegetables and beef and place in a large freezer-safe ziploc bag.

Mix the satay sauce until smooth, then divide in half. Pour one half over the skewer ingredients and seal bag.

Freeze, or place in the fridge up to overnight to be used as a marinade.

Pack the second half of the satay sauce in a container with a tight-fitting lid or a freezer safe ziploc bag, squeezing all the air out as you do so.

Label and freeze up to 3 months. When ready to use, thaw as needed, then skewer the ingredients from the marinade bag.

Cook on a grill or stovetop 3-5 minutes on high heat, until the beef has cooked through to your desired temperature. Use the second bag of satay sauce to baste with as you cook.

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