

George Foreman

Great Tasting Healthier Food In Minutes

Mediterranean beef & vegetable grill



quick & easy snacks



serves 4 people



cooking time



great for kids

"done in half the time!"

You will need:

- 455g hindquarter flank steak
- 1 small courgette cut into 1 inch cubes
- 1 small tomato cut into 8 pieces
- 1 onion cut into ¼ inch pieces
- 1 green pepper cut into ¼ inch pieces
- 1 tbsp balsamic vinegar
- 1 tsp black pepper coarsely ground
- 1 tsp garlic granules
- 8x 10 inch wooden skewers.

To make:

Partially freeze the steak for about 30 minutes. Remove any visible fat and cut the beef into very thin slices across the grain of the meat. Thread the steak through 4 of the skewers and then thread the vegetables through the remaining 4 skewers, alternating vegetables on each.

In a small bowl, mix together the vinegar, pepper and garlic granules. Place the beef skewers on a pre heated grill for 4 minutes. Add the vegetable skewers, sprinkle all the skewers with the vinegar, pepper & garlic granules mixture. Grill for an additional 3–4 minutes.