



EYE FILLET

Swan Bay Butchers

BBQ Mediterranean Beef Skewers

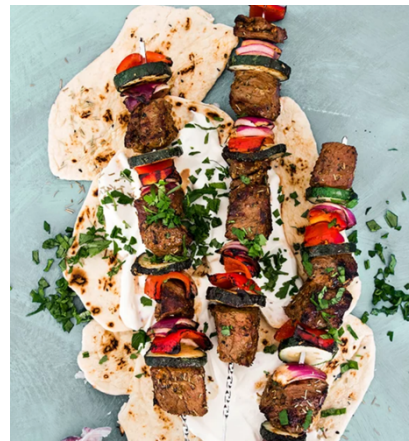
Prep Time: 15 minutes

Cooking Time: 15 minutes

Serves: 3

INGREDIENTS:

- 600g Eye Fillet steaks, diced
- 1 zucchini, sliced into thin rounds
- 1 red capsicum, cut into cubes
- 1 red onion, quartered
- 3 garlic cloves, crushed
- ¼ tsp pepper
- ½ tsp salt
- 1 tsp dried oregano
- ½ tsp dried rosemary
- ½ tsp ground paprika
- 2 tbsp olive oil
- 4-6 bamboo or metal skewers



METHOD:

1. Dice the eye fillet in small cubes and place in a small mixing bowl.
2. Add all dry spices and fresh garlic to the mixing bowl and mix through thoroughly. Leave to marinate for 1-2 hours. Overnight is great though if possible!
3. Slice zucchini into small thin slices and capsicum and onion into small cubes.
4. Thread the cubes of meat onto a skewer and alternate between meat, capsicum, onion, zucchini until all ingredients are used up.
5. Cook skewers on a BBQ or a grill plate for 5-10 minutes or until cooked through to your liking.
6. Serve with flat bread & some tzatziki!