



## Favourite Recipes from our Members

### Steak Kabobs with Grilled Tomato Sauce

Prep Time: 10 Minutes

Cook Time: 8 Minutes

- 1 to 1½ lbs of flank steak
- 4 Garlic Cloves finely chopped
- 1 Lemon (juiced)
- 4 Tbsp Olive oil
- 6 plum tomatoes, halved and seeded
- 1 small red onion, thinly sliced
- 1 Jalapeno pepper, seeded and finely minced
- 1 Tbsp Balsamic Vinegar

1. Cut Flank steak into 1" / 2.5 cm cubes and place in shallow dish or re-useable plastic bag. Add garlic, lemon juice, 2 tablespoons of the oil, and salt and pepper to taste; toss to coat. Cover dish or seal bag; refrigerate for 1 hour.
2. Coat grill rack with non-stick cooking spray. Preheat grill to medium-high (350 to 400 F / 180 to 200 C). Drizzle tomatoes with remaining 2 tablespoons of oil, and season with salt and pepper to taste. Grill tomatoes, cut side down, 1 to 2 minutes until slightly soft. Set aside and let cool.
3. Thread meat onto 8 skewers (soak skewers for 30 Mins to avoid burning). Grill skewers 5 to 8 minutes for medium rare, or longer for desired result, turn the skewers several times.
4. To serve, place 2 tomato halves on each plate. Sprinkle tomatoes with onion and jalapeno. Lace 2 skewers on each plate and drizzle with balsamic vinegar.

Serves 4