

Nigerian Inspired Suya 21 Day Aged Steak Skewers

with Peanut Sauce, Sweet Potato Chips and Pickled Onion Salad

A Taste of Nigeria 35-40 Minutes • Mild Spice • 2 of your 5 a day



Sweet Potato



West African Style Paste



Peanut Butter



Hot Sauce



21 Day Aged British Rump Steaks



Baby Gem Lettuce



Baby Plum Tomatoes



Coriander



Salted Peanuts



Red Onion



Red Wine Vinegar



Bamboo Skewers



Suya skewers are a popular Nigerian street food of meat (typically beef but can also be chicken) marinated with spices and peanuts, then grilled. Served with fresh lettuce and red onion.

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Baking tray, bowl and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
West African Style Paste 11)	50g	75g	100g
Peanut Butter 1)	30g	45g	60g
Hot Sauce	30g	50g	60g
21 Day Aged British Rump Steaks**	2	3	4
Baby Gem Lettuce**	1	1½	2
Baby Plum Tomatoes	125g	190g	250g
Coriander**	1 bunch	1½ bunches	2 bunches
Salted Peanuts 1)	25g	40g	50g
Red Onion	½	¾	1
Red Wine Vinegar 14)	12ml	18ml	24ml
Bamboo Skewers	4	6	8
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	644g 3760 /899	100g 584 /140
Fat (g)	47.3	7.3
Sat. Fat (g)	13.0	2.0
Carbohydrate (g)	73.8	11.5
Sugars (g)	30.3	4.7
Protein (g)	48.2	7.5
Salt (g)	2.14	0.33

Nutrition for uncooked ingredients based on 2 person recipe.


Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut **11)** Soya **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

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1 Cook the Sweet Potato Chips

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **sweet potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-35 mins. Turn halfway through.



4 Skewer Time

Thread the **steak pieces** onto the **skewers**, then pop the **skewers** on the baking tray.

Roast on the top shelf of your oven until the **steak** is browned all over, 15-18 mins. Turn halfway through. **IMPORTANT:** The steak is safe to eat when browned on the outside.

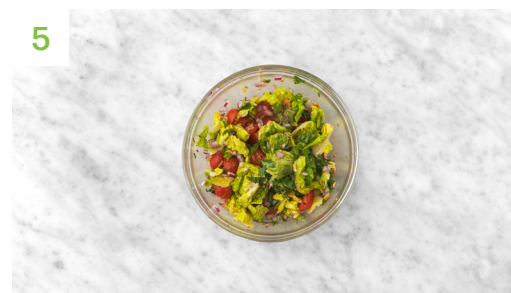


2 Marinate the Beef

Meanwhile, in a small bowl, combine the **West African style paste**, **peanut butter** and **hot sauce**. **TIP:** If your peanut butter has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

Cut the **rump steaks** into 3cm chunks and add to a medium bowl. Spoon over **half** the **peanut sauce** from the small bowl and toss to evenly coat. Set aside. **IMPORTANT:** Wash your hands and equipment after handling raw beef.

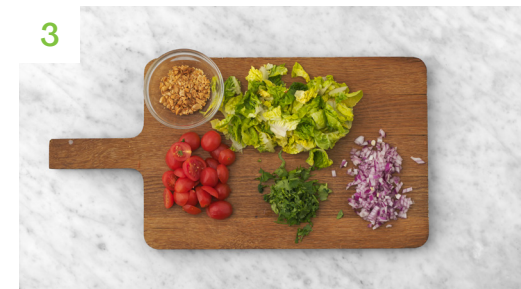
Add the **sugar** and **water for the sauce** (see pantry for both amounts) to the remaining **peanut sauce** in the small bowl. Stir well to combine. Set aside.



5 All Together Now

When everything's nearly ready, add the **lettuce** and **tomatoes** to the bowl with the **pickled onion**.

Drizzle with the **olive oil for the dressing** (see pantry for amount). Toss to combine.



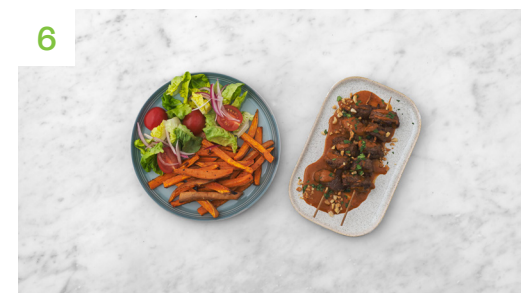
3 Prep your Salad

Trim the **baby gem**, separate the leaves, then tear into bite-sized pieces.

Halve the **baby plum tomatoes**. Roughly chop the **coriander** (stalks and all).

Crush the **peanuts** in the unopened sachet using a rolling pin.

Halve, peel and slice the **red onion** as thinly as you can. Pop into a large bowl and add the **red wine vinegar** and **sugar for the pickle** (see pantry for amount). Add a pinch of **salt**, mix together and set aside to pickle.



6 Serve Up

Share the **steak skewers** between your plates and spoon over the **peanut sauce** from the bowl.

Scatter over the **coriander** and **peanuts** to finish. Serve with the **sweet potato chips** and the **pickled onion salad** on the side.

Enjoy!