



Kebab

香烤肉串

Serving: 5

Ingredients:

230 gm	Beef sirloin, cut into 1 inch cubes
350 gm	Skinless & boneless chicken breast, cut into cubes
70 gm	Whole fresh mushroom
½ no	Large sweet onion, peeled & cut into wedges
1 no	Red bell peppers, cut into small pieces
2½ tbsp	Marinades (Marina AROMA 40)
Skewers	

Methods:

1. Mix **marinades** with beef, chicken, mushroom, onion wedges and red bell peppers.
2. Put them in zipper bag / in a bowl, cover with plastic wrap and keep chilled overnight.
3. Preheat grill at medium-high heat.
4. Thread the meats and vegetable onto skewers, leaving a small space between each item.
5. Lightly oil the grill grate.
6. Grill the skewers for 10 minutes, turn them occasionally until the meats are cooked thoroughly and the vegetables are tender.

Recommended marinades: Any flavor from the marinades range.

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