

SATAY BEEF



Category: Fish and meat
main courses

Created: on 2016-06-13
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Total preparation time:
48:03 Minutes

INGREDIENTS FOR 4 SERVES

2 clove	garlic
1 tablespoon (AUS 20ml)	olive oil
500 gram	steak strips
1	carrot, cut in small cubes or strips
120 gram	peanut butter
50 gram	sweet chilli sauce
155 gram	coconut cream
155 gram	water
1 tablespoon (AUS 20ml)	vegetable stock concentrate
500 gram	mixed diced vegetables

STEP BY STEP - PREPARATION

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