

# Tikka Masala Beef Skewers

## YIELDS

4 Servings

Default (4 Servings)

## PREP TIME

1 hr

## COOK TIME

10 mins

## TOTAL TIME

1 hr 10 mins

### Beef skewers

1 tbsp (15 mL) masala or curry paste

¼ cup (60 mL) plain Greek yogurt

1 lb (500 g) fast fry beef steaks (thin cut Strip Loin), sliced into 1-inch strips

### Raita

⅓ cup (75 mL) finely grated cucumber, squeezed dry

1 cup (250 mL) plain Greek yogurt

¼ cup (60 mL) finely chopped onion

½ tsp (2 mL) salt

¼ tsp (1 mL) pepper

1 clove garlic, minced

### Garnishes

4 slices whole-wheat Naan bread or pita

1 cup (250 mL) cucumber slices

½ cup (125 mL) red onion slices

1 cup (250 mL) shredded lettuce

1 roma tomato, diced

¼ cup (60 mL) cilantro

### Beef skewers

Position oven rack in top third of oven. Preheat the oven's broiler. In a medium sized bowl, mix together masala paste and yogurt. Add beef to spice mixture and stir until evenly coated. Can keep refrigerate in an airtight container for up to 24 hours if not cooking immediately. Tightly thread 1 strip of beef onto each skewer and place on a foil-lined 21 x 15 inch baking sheet. If strips are small, thread 2 or 3 strips onto a skewer. Broil for 5 to 7 minutes. Keep the oven light on and check often to make sure beef does not burn.

### Raita

In a small bowl, mix together cucumber, yogurt, onion, salt, pepper and garlic. Refrigerate until ready to use.

### Garnishes

Use naan bread to pull the beef off of the skewers. Garnish your wrap with cucumber, red onion, lettuce, tomato, cilantro and Raita sauce.