

Smoky Maple Beef Brochette
RECIPE

Smoky Maple Beef Brochette



<?xml version="1.0"?>

TIME

20 min

INGREDIENTS

11 items

MAKES

4 servings

Where there's smoke, there's your next mealtime favourite. Sirloin steak, marinated in a tangy blend of smoked paprika and maple syrup, and served on a beautiful bed of BEN'S ORIGINALTM BISTRO EXPRESSTM rice.

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INGREDIENTS

- 2 pouches (each 250 g) BEN'S ORIGINAL™ BISTRO EXPRESS™ Rice Pilaf
- 1 tbsp (15mL) Vegetable oil
- 1 tbsp (15mL) Maple syrup
- 1 tsp (5mL) Smoked paprika
- ¼ tsp (1.25mL) Salt
- ¼ tsp (1.25mL) Pepper
- 1 lb (500g) Extra lean sirloin steak, cut into 1" (2.5cm) cubes
- 1 cup (250mL) Peppers, cut into 1" (2.5cm) pieces
- 1 cup (250mL) Onions, cut into 1" (2.5cm) pieces
- 1 cup (250mL) Zucchini, cut into 1" (2.5cm) pieces
- 1 cup (250mL) Mushrooms, cut into 1" (2.5cm) pieces

INSTRUCTION

- 1
Whisk together oil, maple syrup, smoked paprika, salt and pepper. Divide between two bowls.
- 2
In one bowl, add the beef and toss to coat. Evenly place beef cubes on 8 skewers.
- 3
In the other bowl, add the vegetables and toss to coat. Evenly place vegetable pieces on 8 skewers. Preheat grill to medium. Cook beef and vegetable skewers for 10 minutes about 2 ½ minutes per side.
- 4
Heat BEN'S ORIGINAL™ BISTRO EXPRESS™ Rice Pilaf according to package directions and divide between four plates. Serve 2 beef skewers and 2 vegetable skewers on each plate. Enjoy!

RECIPE NOTES:

- If you have a bit of time, let the beef and vegetables marinate for up to 1 hour.
- Replace beef with pork or chicken.

NUTRITION

DESCRIPTION AMOUNT PER SERVING

- Calories 390
- Carbohydrates (g) 50 g
- Dietary Fiber (g) 5 g
- Protein (g) 30 g
- Total Fat (g) 10 g
- Sodium (mg) 829 mg

CATEGORIES :

[Beef](#), [less than 20](#), [Ready to Heat Rice](#)

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Cooking time

20 min

Ingredients

9 items

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Cooking time

20 min

Ingredients

10 items

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[Sizzling Tandoori Chicken with Basmati Rice](#)

Cooking time

30 min

Ingredients

9 items

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