



## BEEF MISHKAKI

### BEEF SKEWERS

Mix oil, lemon juice and spices. Add the beef cubes, stir to coat well and leave to marinate for about 30 minutes. Thread the beef cubes onto bamboo, wooden or metal skewers, alternating with onion pieces. Cook in a hot grill pan on the stovetop or over hot coals for about 2 minutes on a side or to your liking.

Makes 10-12 skewers

50 ml vegetable oil  
juice of 1 lemon  
30 ml ground cumin  
30 ml salt  
10 ml ground black pepper  
15 ml red chilli powder (optional)  
15 ml curry powder (optional)  
1 kg boneless beef, cut into  
1,3 cm cubes  
1 large red onion, cut into  
1,3 cm pieces

## COCONUT LENTIL STEW

Heat oil in a medium saucepan over medium heat. Cook onion for 8 to 10 minutes, stirring often, until softened and golden brown. Add garlic and ginger and cook, stirring, for about 2 minutes. Add lentils and cook, stirring, for 1 minute.

Add tomatoes, coriander, salt, pepper, water and coconut milk. Bring mixture to the boil, then reduce the heat and simmer, stirring occasionally, for 20 to 25 minutes or until the lentils are tender with coriander.

Serves 4

30 ml extra-virgin olive oil  
1 medium onion, finely chopped  
2 garlic cloves, finely chopped  
6 cm-long piece of ginger root,  
peeled and finely grated  
120 g brown lentils  
1 tin (410 g) crushed tomatoes  
handful of coriander leaves,  
finely chopped, plus leaves with  
tender stems for serving  
generous pinch of kosher salt  
freshly ground pepper to taste  
625 ml water  
1 tin (400 ml) unsweetened coconut  
milk, shaken well

## KACHUMBARI

### TOMATO, CUCUMBER AND RED ONION SALAD

Mix all the ingredients in a bowl. Season to taste with lemon juice, salt and pepper. Garnish with coriander.

Serves 6

4 tomatoes, halved and thinly sliced  
1 English cucumber, peeled, halved  
lengthways and thinly sliced  
1 red onion (small), peeled, halved  
and thinly sliced  
lemon juice  
salt and pepper