

Mince Kebabs with Satay Sauce



Kebabs

1lb ground beef or lamb
1 white onion, grated
2 garlic cloves, finely grated
½ tsp ground ginger
1 tsp chilli flakes
1 tbs olive oil
2 tsp curry powder
½ tsp turmeric

Satay Sauce

1 small white onion, grated
2 garlic cloves, grated
1 tbs oil
¼ cup almond butter
¼ cup coconut cream
1 tbs soy sauce (optional)
Chilli flakes

1. Pre-heat a grill to medium heat.
2. Place all kebab ingredients into a medium size mixing bowl, combine well.
3. Roll mixture into small sausage shapes, thread onto a skewers and place on grill for 5-6 minutes or until cooked through.
4. To make the almond sauce, place the oil, onion and garlic into a pan and fry on low heat for 5 minutes or until slightly browned.
5. Add almond butter, coconut cream and soy sauce, stir consistently until thickened. Remove from heat and stir in a desired amount of chilli flakes. Leave to cool slightly and remove excess oil.
6. To serve, place kebabs on some salad leaves and spoon satay sauce over the top.



Nikki Young is the author of [The Paleo Cookbooks](#). As director of a successful personal training business for a number years and holding a strong passion for Paleo eating, she has helped many clients improve their health. Nikki also runs a personal blog, writing articles on the importance of living a healthy lifestyle.