



**Preparation: 25 mins**  
**Cooking: 5 mins**  
**Ready in: 30 mins**  
**Serves: 4**

## Tikka Masala Beef Skewers

### Ingredients

#### Beef skewers

- 1 Tbsp (15 mL) Masala or curry paste
- 1/4 cup (60 mL) plain Greek yogurt
- 1 lb (500 g) fast-fry beef steaks (e.g. thin-cut Strip Loin), sliced into 1-inch (2.5 cm) strips

#### Raita

- 1/3 cup (75 mL) finely grated cucumber, squeezed dry
- 1 cup (250 mL) plain Greek yogurt
- 1/4 cup (60 mL) finely chopped onion
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- 1 clove garlic, minced

#### Garnishes

- 4 pieces of Naan bread or pitas
- 1 cup (250 mL) cucumber slices
- 1/2 cup (125 mL) red onion slices
- 1 cup (250 mL) shredded lettuce
- 1 Roma tomato, diced

### Directions

- 1. 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 masala paste mixture and stir until evenly coated. Can cook immediately or keep refrigerated in an airtight container for up to 24 hours. Thread 1 strip of beef onto each skewer and place on a foil-lined rimmed 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.
- 2. Raita:** In a small bowl, mix together cucumber, yogurt, onion, salt, pepper and garlic. Refrigerate until ready to use.
- 3. Garnishes:** Pull beef off the skewers and place on top of naan bread. Garnish with cucumber, red onion, lettuce, tomato, cilantro and Raita sauce.



### Shopping List

#### Produce

- 1 cucumber
- 1 onion
- 1 garlic
- lettuce
- 1/2 red onion
- Roma tomato
- Fresh cilantro

#### Bakery

- 4 pieces of Naan or pitas

#### Meat

- 1 lb fast-fry beef steak (e.g. thin-cut Strip Loin)

#### Pantry Staples

- 1 Tbsp Masala or curry paste
- wooden skewers

#### Refrigerator & Freezer

- 1 1/4 cup plain Greek yogurt

#### Notes:

**Remember to check your pantry and refrigerator before you go shopping!**