



SPICED BEEF SKEWERS



MAKES 12- 14 skewers	PREPARATION 5 mins plus marinating time	COOK 5 mins
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INGREDIENTS

- 1 tablespoon finely chopped thyme leaves
- 2 teaspoons sumac
- 2 teaspoons sweet smoked paprika
- 2 teaspoons ground cumin
- ½-1 teaspoon chilli flakes (or more depending on how hot you'd like it)
- ½ teaspoon ground cinnamon
- 1 teaspoon freshly ground black pepper
- 2 teaspoons sea salt flakes
- 1-2 tablespoons olive oil
- 1kg beef such as rump, excess fat and sinew removed, cut into chunks

This makes enough spice mix for around 1kg beef for a crowd, but make half the amount if serving fewer people.

[View the recipe collection here](#)

INSTRUCTIONS

1.	Combine the thyme, spices, pepper and salt.
2.	Rub the oil into the beef, then coat in the spices and thread onto wooden skewers which have been soaked in water for for 30 minutes.
3.	Marinate overnight, or for a minimum of 3 hours.
4.	Grill for a few minutes on each side, until medium rare.

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