

GRILLED VEGGIES JAVANESE SATAY

INGREDIENTS

Satay Paste	50 gm
Coconut Milk	10 ml
Mushroom Button	30 gm
Tofu	50 gm
Green Capsicum	30 gm
Tomato	30 gm
Onion	30 gm
Salt	5 gm
Satay Sticks for Skewering	6 nos
Oil for Grilling	10 ml
Accompaniments/ Garnish	
Onion	10 gm
Cucumber	10 gm
Lime	3 ml
Jaggery	3 gm
Sambal	3 gm
Peanut Sauce	30 gm
Banana leaves (5'' - 5'')	1 no

METHOD

1. Cut the mushroom, tofu, capsicum, tomato & onion in cube shape & marinate the vegetables with satay paste.
2. And then skew the marinated vegetables in bamboo skewers.
3. Put oil on hot plate & than grilled the vegetables skewers.
4. Turn it frequently for all the side grilling & in the mean time make onion cucumber accompaniment.
5. Mix onion cucumber with lime juice, jaggery, sambal sauce & little bit salt for the accompaniments.
6. Serve grilled veggies Javanese hot with peanut sauce.

NUTRITION FACTS

Kcals	268
Fat	16g
Protein	6.3g
Carbs	23g



RECIPE COURTESY:

MALAKA SPICE, PUNE