



LOEFFEL MEAT SHOPPE

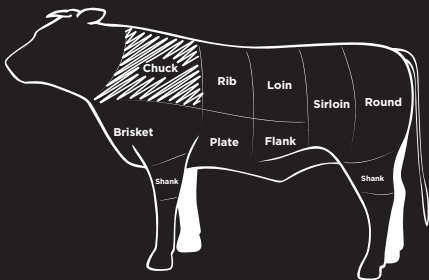
AIR FRYER TERIYAKI BEEF KABOBS

**FEATURING
FLAT IRON STEAK**



Discovered by Nebraska meat scientists, the flat iron steak is known as the second most tender muscle of beef. With enough marbling to enhance its rich and deep beefy flavor, this cost-efficient steak is great for grilling, air frying, or pan searing.

Meat Cut Information



For more information about this recipe, including nutrition and meat cut information, alternative cooking methods, or to view it on the web, scan the QR code with the camera app on your smartphone.

Air Fryer Teriyaki Beef Kabobs

(6 servings)

Teriyaki Sauce

- 1/3 c. low sodium soy sauce
- 1 1/2 Tbsp. cornstarch
- 3 Tbsp. brown sugar
- 1/2 tsp. ginger powder
- 1/2 tsp. garlic powder
- 1/2 c. water

Kabobs

- 1 lb. flat iron steak, cut into 1-inch size cubes
- 1/2 red onion, chopped
- 1 red bell pepper, chopped
- 1/2 pineapple, chopped
- 1 medium zucchini, chopped

Other ingredients

- 12 wooden kabob skewers, cut to fit in your air fryer
- 3 c. cooked rice (optional)
- 1 Tbsp. sesame seeds (optional)
- 1/4 green onions, sliced (optional)

1. Wash hands with soap and water.
2. In a small saucepan combine teriyaki sauce ingredients. Place on the stove over medium heat and cook, stirring constantly until bubbly and thickened enough to coat the back of a spoon, about 3 minutes. Set aside to cool.
3. Soak wooden skewers in water for 10 minutes before using; drain.
4. Rinse produce under cool running water.
5. Cut meat, onion, bell pepper, zucchini, and pineapple into similar-sized pieces. Combine them in a large bowl.
6. Add 1/2 the sauce and mix until everything is coated. Wash hands after handling uncooked meat.
7. Set the air fryer to 400°F and preheat for 5 minutes. *
8. Make kabobs by skewering meat cubes, vegetables and pineapple, leaving small space between each to ensure even cooking. Discard leftover marinade.
9. Place 3-4 kabobs in an air fryer basket. Make sure they are not touching. Cook for 5-7 minutes, or until the meat reaches an internal temperature of 145°F on a food thermometer. Remove from air fryer and keep warm. Repeat with the remaining kabobs.
10. Serve over rice, drizzled with teriyaki sauce. Sprinkle with sesame seeds and green onions, if desired.
11. Store leftovers in a sealed container in the refrigerator for up to four days.

* This recipe can also be enjoyed on the grill! Preheat your grill to medium-high heat and grill the kabobs for 3-5 minutes per side, or until the meat reaches an internal temperature of 145°F on a food thermometer.



Nutrition Information per Serving (2 skewers):

Calories 260, Total Fat 10g, Saturated Fat 4g, Cholesterol 65mg, Sodium 450mg, Total Carbohydrates 22g, Fiber 2g, Total Sugars 14g, includes 4g Added Sugars, Protein 21g, Vitamin D 0%, Calcium 30%, Iron 15%, Potassium 10%.

EXTENSION

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