

# MEDITERRANEAN BEEF KABOBS

Serves 4

## Ingredients

- ½ cup extra-virgin olive oil
- ¼ cup red wine vinegar
- 1 teaspoon coarse-grain Dijon-style mustard
- 1 clove garlic, minced
- 1 tablespoon chopped fresh parsley
- 1 teaspoon dried oregano
- ½ teaspoon dried basil
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1½ pounds beef sirloin, cut into 16 cubes
- 1 medium onion, cut into 12 wedges
- 1 medium red bell pepper, seeded and cut into 12 chunks

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## Procedure

In a medium bowl, stir the olive oil, vinegar, mustard, garlic, parsley, oregano, basil, salt and pepper; remove 3 tablespoons of the mixture to a small cup.

Add the beef cubes to the medium bowl; toss to coat. Cover and chill 30 to 60 minutes, stirring a few times. Remove from refrigerator 15 minutes before ready to cook. Place the onion wedges and bell pepper chunks in a shallow bowl or non-aluminum pan. Pour the olive oil mixture in the cup over the vegetables and let marinate until ready to cook.

When ready to cook, with gloved hands, thread beef cubes on 4 Air Fry Skewers alternately with the vegetables, starting and ending with beef. Combine and reserve any remaining olive oil mixture.

Secure the Skewers on the Skewers Rack; insert Rack into the Rotisserie Portal in the Air Fryer. Select the Meat preset and the Rotisserie button and set time at 15 minutes. Check for desired doneness at 10 minutes and brush, the skewers, if desired, with the remaining olive oil mixture a couple of times during cooking. Discard any unused olive oil mixture.

Use the Rotisserie Handle to carefully remove the Skewers Rack from the Air Fryer and place in the Rotisserie Stand to cool slightly before removing the Skewers to serve.

