

# SATAY WITH FRIES

---



4 persons / 564 kcal per person

## Ingredients:

- 500 grams of lean ham steaks
- ½ bag of marinade (@verstegen)
- 600 grams of burger fries
- 2 tablespoon soy sauce
- 1 tablespoon of liquid honey
- 1 tablespoon lemon juice
- 200 grams of satay sauce ready-made
- 200 grams of chopped iceberg lettuce

## Preparation:

Cut the meat into 2 cm cubes. Add the marinade and let marinate for at least 30 minutes. Thread the meat onto the skewers. Bake the fries in the air fryer according to the description on the packaging. Beat a dressing of the soy sauce, honey, and lemon juice. Heat the grill pan. Grill the satays for about 11 minutes. Turn regularly. Prepare the satay sauce according to the instructions on the packaging. Mix the lettuce with the dressing. Divide the satays among 4 plates and serve with the fries, satay sauce and salad.

# SATAY WITH FRIES

---

Nutritional value per person:

Energy:	564 kcal
Protein:	34.9 grams
Carbohydrates:	59.2 grams
- including sugars:	15.5 grams
Fat:	17.7 grams
Fiber:	4.1 grams
Salt:	3.7 grams