

Air Fryer Steak Kebab

Ingredients

- 1 pound steak of your choice (lean preferred)
- 2+ cups of our favorite vegetables (peppers, onions, mushrooms, squash, etc.)
- Your favorite marinade (optional)
- Your favorite seasoning (salt, pepper, garlic, etc.) to taste
- Non-stick cooking spray or olive oil

Instructions

1. Cut beef into 1” cubes.
 - a. If marinating beef, add beef marinade and place in fridge for 2 hours.
2. Cut vegetables into 1” squares/cubes. Refrigerate if prepping same time as beef.
3. Take beef and vegetables from fridge and grab your skewers.
 - a. If you are using wooden skewers, soak in water for 1-2 minutes to prevent them from burning during the cooking process.
4. Slide your beef and vegetables onto your skewers.
5. Spray or brush with oil.
6. Preheat Air Fryer to 350 for 3 minutes, or use preheat setting.
7. Place kebabs in your air fryer, keeping enough space between them to allow the air to flow freely around them. Cook for 4-5 minutes. Turn and cook for an additional 2-5 minutes depending on beef temperature preference. If using a rack and cooking two layers of kabobs, switch skewers for even cooking. Check beef for doneness.
8. Once cooked to preference, remove from air fryer.
9. Enjoy!