



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

SOUVLAKI SALAD

Time: 30 minutes plus overnight marinating

Serves: 4

Ingredients:

For the souvlaki:

¼ cup extra virgin olive oil
½ cup dry red wine
¼ teaspoon black pepper
½ teaspoon kosher salt
1 teaspoon dried oregano - crushed
3 cloves garlic – crushed or finely chopped
1 pound pork tenderloin – cut into 1" cubes

For the dressing:

2 tablespoons extra virgin olive oil
2 teaspoons fresh lemon juice
1 clove garlic – crushed or finely chopped
1 teaspoon dried oregano – ground
⅛ teaspoon kosher salt
⅛ teaspoon freshly ground black pepper

For the salad:

1 head romaine lettuce – chopped or torn
1 pint grape tomatoes – halved
½ red onion – thinly sliced

Preparation:

Mix all souvlaki ingredients except for pork then add pork and seal in a plastic bag, removing as much air as possible. Refrigerate overnight.

Preheat oven broiler and line a casserole dish with foil. Place pork in casserole dish, discarding excess marinade. Cook under broiler for fifteen minutes, turning occasionally. Remove from heat.

While the pork is cooking, whisk together all dressing ingredients in a small bowl.

Place salad ingredients in a large bowl, drizzle with dressing and toss to combine.

Place salad into serving bowls and top with pork.

Nutritional Information Per Serving (assuming 1 teaspoon oil remains on pork):

Calories: 298

Fat: 15g

Carbs: 15g

Fibre: 7g

Protein: 28g