



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

SOUVLAKI PATTIES

Time: 20 minutes

Serves: 4

Ingredients:

500g lean ground pork
12g fresh lemon juice
5g kosher salt
1.5g dried oregano
1g fresh ground black pepper
2 cloves garlic - finely chopped or grated

Preparation:

Preheat your grill on high.

Place all ingredients in a bowl, using your hands to combine until evenly mixed.

Form meat into four patties.

Grill both sides until an internal temperature of 70C is reached.

Serve immediately.

Nutritional Information Per Serving:

Calories: 329
Fat: 27g
Carbs: 0g
Fibre: 0g
Protein: 21g