

PORK KEBABS

Time: 40 minutes (plus marinating time)

Serves: 4

Ingredients:

60g soy sauce
2 cloves garlic - finely chopped or grated
4g chili powder
3g paprika
2g ground cumin
0.5g ground cloves
1kg pork shoulder - cubed - fatty areas discarded
3 bell peppers - cut in chunks
1 large sweet onion - quartered and separated
1 pineapple – cubed

Preparation:

In a small bowl or measuring cup, whisk together the soy sauce, garlic, chili powder, paprika, cumin, and cloves.

Place the pork in a large, zipper seal freezer bag. Pour over the marinade mixture and toss to coat. Seal the bag and refrigerate at least four hours or overnight.

Preheat your grill on medium-high.

Place the pork cubes on skewers, alternating pieces with the peppers, onion, and pineapple.

Grill turning often until the internal temperature of the pork reaches 65C.

Nutritional Information Per Serving:

Calories: 500	Hand-Size Portion Guide Palms of Protein: 2 Fists of Vegetables: 1 Cupped Hands of Carbs: 1 Thumbs of fat: 0
Fat: 18g	
Carbs: 33g	
Fibre: 5g	
Protein: 51g	