



PROUDLY SUPPORTING
OPERATION TRANSFORMATION 2021

Serves 2 (each serving contains approximately 440 kcal)



Ingredients

1 garlic clove
1 small lemon
2 fresh sprigs oregano (or 1
teaspoon dried) (5g)
80g baby spinach leaves
2 ripe tomatoes
1/4 cucumber

2 teaspoons rapeseed oil (10g)
pinch dried red chilli flakes
250g lean pork loin
250g baby new potatoes
4 tablespoons Greek yoghurt dressing
(see separate recipe) (60g)
salt (optional) and freshly ground
black pepper

Method

Trim and peel the garlic clove and grate into a bowl. Grate in one teaspoon of lemon rind. Strip the leaves from the oregano if using fresh and finely chop. Stir the fresh or dried oregano into the garlic mixture with the oil and chilli flakes.

Season lightly with salt (optional) and freshly ground black pepper.

To make the salad, put the spinach leaves in a bowl. Dice the tomato and cucumber and scatter on top. Set aside until needed.

Using a clean chopping board, trim the pork and cut into bite-sized pieces. Stir into the marinade and leave for 15 minutes to allow the flavours to develop or up to 24 hours in the fridge covered with clingfilm is perfect.

When ready to cook, heat a griddle pan over a high heat. Thread the pork on to 4 x 15cm bamboo skewers and add to the heated griddle pan. Reduce the heat to medium-high and cook for 10-15 minutes until cooked through and tender, turning them regularly with a tongs to ensure they cook evenly and do not burn.

Remove from the heat and leave to rest in the pan for 5 minutes.

Meanwhile, place the potatoes in a steamer and cook for 15-20 minutes until tender.

Place two of the Greek pork skewers on each serving plate with some of the steamed potatoes and salad, drizzling over one tablespoon of the dressing. Add the remaining three tablespoons of the dressing in small pots for dipping to each plate and put the rest of the steamed potatoes in separate small bowls to serve.