GREEK · DINNER · LUNCH

Greek Pork Souvlaki Skewers

165 min · Serves 4 · 373 kcal a serve · Video 6:28 · The Mediterranean Dish

Gluten-free ingredients · No dairy listed · No nuts listed

Pork tenderloin is a lean cut: a serve gives over 30 g of protein and is rich in selenium, vitamin B6 and B12, grilled with a garlic-herb marinade instead of breading or frying.

Diet notes: Low carb (5.6 g net carbs) but not keto: 55% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (4 g, 9.6% of the energy); Paleo with a swap: olive, avocado or coconut oil instead of the neutral oil.

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Ingredients 13 · SERVES 4

- [ ] 680 g **pork tenderloin**, trimmed and cut into 2.5 cm cubes
- [ ] 3 tbsp **white wine vinegar**
- [ ] 5 tbsp extra **virgin olive oil**
- [ ] 6 medium **garlic** cloves, minced
- [ ] 1 tsp **Dijon mustard**
- [ ] 2 tsp **dried oregano**
- [ ] 1½ tsp minced **fresh rosemary**
- [ ] 1 tsp **sweet paprika**
- [ ] ¾ tsp **freshly ground black pepper**
- [ ] 1½ tsp **sea salt**
- [ ] 1 medium **red onion**, quartered and separated into layers
- [ ] a little **neutral oil** for the grill grates
- [ ] 1 medium **lemon**, squeezed over to serve

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Mustard, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Whisk the marinade in a large bowl: garlic, oregano, rosemary, paprika, black pepper, a big pinch of the salt, Dijon, olive oil and white wine vinegar. 0:21
2. Pull the silver skin off the tenderloin, pat it dry and cut into even 2.5 cm cubes. Toss in the marinade, cover and refrigerate at least 2 hours or overnight. 1:17
3. Thread the pork onto skewers, alternating with pieces of red onion (soak wooden skewers in water first). Season with the remaining salt and brush with leftover marinade. 3:02
4. Oil the grates and grill over medium-high direct heat about 4 minutes per side, turning a few times, until charred outside and 63°C inside. 4:06
5. Tent with foil and rest 5 minutes. Squeeze over the lemon and serve with tzatziki, salad or warm pita. 5:08

> **Tip** Time includes the 2-hour marinade; overnight is fine too. Works with chicken, beef or lamb. Serve in wholemeal pita with tzatziki, tomato and red onion, or alongside a Greek salad.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
373 kcal	**34** g	**6.9** g	**1.4** g	**23** g	**960** mg
1,560 kJ	69% of a day	5.6 g net · 2 g sugars 3% of a day	5% of a day	4 g saturated 29% of a day	42% of a day

Energy from net carbs 6% · protein 37% · fat 57% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 88% · Vitamin B6 64% · Zinc 30% · Vitamin B12 27% · Vitamin E 21%

Source of (10–19%) Omega-3 18% · Potassium 14% · Vitamin K 14% · Iron 11% · Magnesium 11% · Vitamin C 10%

Recipe and video: The Mediterranean Dish (@TheMediterraneanDish) on YouTube — youtube.com/watch?v=QNpGC_ujMNg, published 21 June 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/pork-souvlaki