



Barbecued Pork Souvlaki

Souvlaki are traditional Greek 'kebabs'. These are marinated in a spicy mixture before being cooked on either a BBQ or under the grill

Serves : 4

Preparation Time : 20 minutes plus 2 hours marinating

Cooking Time : 30 minutes

Ingredients

1lb / 450 g pork loin, diced
2 peppers, different colours, deseeded and cut into chunks
1 medium onion, peeled and cut into chunks
2 tbsp olive oil, plus extra if needed

Herbs & Spices

1 tbsp BBQ Seasoning

Cooking Instructions

Place the meat, peppers and onion in a large bowl and pour over the oil. Add the BBQ seasoning and mix thoroughly making sure that all the pieces are coated with the oily spice, and that the onion layers separate. Leave to marinate for a least 2 hours in the fridge.

Make the souvlaki by alternately placing pieces of meat and vegetables onto metal or bamboo skewers. If you are using bamboo skewers, you need to soak them in water before hand to prevent the wood from burning during cooking. Aim for 4 - 5 pieces of meat per skewer.

Heat the grill or light the barbecue.

When the BBQ is ready for cooking, place on the souvlaki and cook for 10 - 15 minutes until the meat is cooked through. Turn regularly to ensure even cooking, and brush with left-over marinade or extra oil to prevent drying out.

If using a grill, place the souvlaki under a medium to hot grill, and cook for 10 - 15 minutes until the meat is done. Turn regularly and baste with oil as above.