

# MARLEY SPOON



**FAST**

**LOW CALORIE**

## Pork Souvlaki Kebabs

with Pita & Tzatziki



20-30min



2 Servings

No grill or grill pan? Preheat the broiler to high with a rack 6 inches from the heat. Place skewers on a rimmed baking sheet and broil on the top rack, turning them occasionally, until lightly charred, 8-10 minutes. Broil pitas directly on the rack, turning them occasionally, until lightly toasted, 1-3 minutes.

## What we send

- 4 wooden skewers
- garlic (use 1 large clove)
- 10 oz pkg pork tenderloin
- 1 medium red onion
- dried oregano (use 1½ tsp)
- 1 cucumber
- 1 container Greek yogurt <sup>7</sup>
- 1 romaine heart
- 1 plum tomato
- 1 oz Kalamata olives
- 2 Mediterranean pitas <sup>1,6,11</sup>

## What you need

- olive oil
- red wine vinegar (or white wine vinegar)
- kosher salt & ground pepper

## Tools

- grill or grill pan

### Allergens

Wheat (1), Soy (6), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

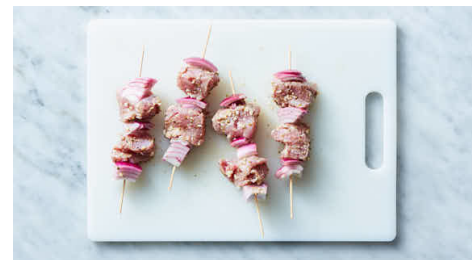
### Nutrition per serving

Calories 630kcal, Fat 30g, Carbs 49g, Protein 42g



### 1. Prep ingredients

Light a grill to high, if using. Soak **skewers** in a baking dish of water. Peel and finely chop **1 large garlic clove**. Pat **pork** dry, then cut into 8 cubes total. Peel and cut **half of the onion** into 1-inch squares, then finely chop 1 tablespoon (save rest for own use).



### 2. Prep skewers

In a medium bowl, combine **pork, 1-inch onion pieces, half of the garlic, 1 teaspoon of the oregano, and 1 tablespoon each oil and vinegar**; toss to coat. Thread pork and 1-inch onion squares onto skewers, alternating ingredients. Season with **salt** and **pepper** and let sit until step 5.



### 3. Make tzatziki

Peel **cucumber**, then quarter lengthwise and very thinly slice crosswise. Sprinkle with **salt** and let sit on the cutting board for 5 minutes, then squeeze out as much liquid as possible. Transfer half of the cucumbers to a bowl and stir in **yogurt** and **remaining garlic**; season to taste with **pepper**. Reserve remaining cucumbers for step 6.



### 4. Prep salad

Quarter **romaine** lengthwise, then cut crosswise into 1-inch pieces, discard stem end. Core and cut **tomato** into ½-inch pieces. Slice **olives**, removing any pits if necessary. In a medium bowl, whisk to combine **1 tablespoon vinegar, 2 tablespoons oil, ½ teaspoon of the oregano, and a generous pinch each salt and pepper**.



### 5. Grill skewers & pitas

Heat a grill pan over high, if using. Lightly **oil** grill grates or grill pan. Brush **skewers** with oil, add to grill or grill pan and reduce heat to medium-high. Cook, turning occasionally, until lightly charred in spots and pork is cooked through, 6-9 minutes. Rub **pitas** lightly with **oil**, add to grill or grill pan; cook, turning occasionally, just until lightly toasted, 2-3 minutes.



### 6. Finish & serve

Add **romaine, tomatoes, chopped onions, olives, and remaining cucumbers**, to bowl with dressing and toss to combine. Serve **souvlaki pork skewers** with **grilled pitas, tzatziki, and salad** on the side. Enjoy!