



Pork Kebabs with Pink Lady® apples

Serves 4 - 6



Created by : Recipe adapted by Heleen Meyer from the Cooking from the heart recipe book series, developed by Pharma Dynamics.

Ingredients:

- ♥ 30 ml (2 tbsp) lemon juice
- ♥ 30 ml (2 tbsp) olive or avocado oil
- ♥ 30 ml (2 tbsp) chopped fresh thyme or origanum
- ♥ 2,5 ml (½ tsp) salt
- ♥ black pepper to taste
- ♥ 500 g leg or shoulder of pork, all fat removed and cut in cubes
- ♥ 1 red pepper, seeded and cut into pieces
- ♥ 1-2 Pink Lady® apples with the skin, core removed, cut into eighths and halved

Method:

1. Mix lemon juice, oil, herbs, salt and pepper.
2. Place meat in a shallow dish and pour marinade over. Marinate for 30 minutes to 1 hour.
3. Thread meat, red pepper and apple cubes onto kebab sticks. Braai over medium coals for 8-10 minutes on each side or until the meat is cooked, while regularly brushing kebabs with the marinade. The meat should still be juicy and the apples just cooked. The kebabs can also be cooked over medium heat in a frying pan.

Pink Lady®

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