

## Recipe 3: Pork Souvlaki

**Preparation Time:** about 45 minutes

**Cooking Temperature:** broil

### Ingredients

250 g boneless pork loin or pork tenderloin  
 15 mL lemon juice  
 18 mL olive oil  
 2 cloves garlic, minced  
 5 mL dried oregano  
 0.5 mL each salt and pepper  
 50 mL prepared tzatziki sauce, or make your own  
 1 tomato, chopped  
 2 Greek-style pita breads

#### Tzatziki Sauce

500 mL non-fat plain yogurt  
 125 mL cucumber (grated fine, drained well)  
 2 cloves garlic (minced)  
 1 mL each sugar, salt, pepper, dill weed

1. Pour yogurt into a sieve lined with **cheesecloth**. Place sieve over a bowl to drain for 1 to 2 hours. Discard liquid.
2. Grate cucumber and press firmly into a sieve to remove moisture. Combine yogurt, cucumber, garlic, and all seasonings in a small bowl. Chill to blend flavours.

### Method

**Step 1.** Trim and cut pork into 2.5-cm cubes.

**Step 2.** In a large bowl, whisk together lemon juice, oil, garlic, oregano, salt, and pepper; add pork and stir to coat. **Marinate** 10–15 minutes. (Make-ahead hint: cover and refrigerate for up to 24 hours.)

**Step 3.** Evenly thread pork cubes onto six 20-cm skewers; place on a broiling pan or foil-lined baking sheet. Brush with marinade.

**Step 4. Broil** 15 cm from heat, turning halfway through, until just a hint of pink remains inside, about 12 minutes in total.

**Step 5.** Warm pitas in the oven (wrapped in foil) or on a plate for 30 seconds in the microwave.

**Step 6.** Spread tzatziki over pitas. Remove pork from skewers and place on pita. Top with chopped tomato.

**Step 7.** Fold or roll pita to serve.

#### Variation: Chicken Souvlaki

Use 250 g cubed chicken breast instead of pork loin.

**Yield:** 2 servings