

Greek Cypriot Pork Souvlaki with salad pitta and Greek yogurt



Allergy information

Milk, gluten

* Presence of allergens can vary by brand – always check product labels. If you serve food outside the home, you must make allergen information available when asked.

Serves 6

Ingredients

- 500-750g pork shoulder
- 15ml olive oil
- 6 pitta breads
- 1 red onion
- 1 lettuce
- 300g tomatoes
- ½ cucumber
- 150ml Greek yogurt
- 2x 5ml oregano
- Pepper
- 1 lemon
- Chilli sauce* (optional)

Equipment

- Chopping board
- 2 sharp knives (1 veg and 1 cook's knife)
- Large bowl
- 8-10 (wooden or metal) skewers
- Grill pan (the skewers can also be cooked on a BBQ)
- Lemon juicer
- Silicone brush
- Toaster (optional)



Method

1. Using a chopping board and sharp knife prepare the meat. Cut away most of the fat leaving a thin layer if wanted for flavour. Slice the meat into 3cm pieces/strips (not too small as the meat will dry out when cooking). Any slices can be folded up when you make up the kebabs
2. Place the meat into a bowl and add the olive oil, oregano, black pepper and Greek yogurt -mix well. Cover and place in the fridge to marinate preferably over night or for at least 2 hours
3. Thread the meat, onto wooden or metal skewers (soak wooden skewers in water for an hour before use)
4. Cook the meat under the grill on a medium heat, turning regularly to ensure they are cooked evenly. Approximately 25-30mins
5. When the fat has rendered nicely and the meat is cooked through remove the kebabs from the heat source
6. Halve and juice the lemon. Baste the kebabs with the lemon juice and season with black pepper. Set aside to allow the meat to rest while you prepare the remaining ingredients
7. Peel and thinly slice the onion. Wash and shred the lettuce, dice the cucumber and slice the tomatoes
8. Warm the pittas, in a toaster or under the grill, and serve the 'Souvlaki' in the pitta pockets with the salad.

Tips and alternatives

- For a vegetarian version use 160g cubed Halloumi or for a vegan version try 300g of cubed smoked Tofu. Cut a yellow pepper and a courgette into 2 cm chunks and use 140g cherry tomatoes. Divide up the ingredients and make up your colourful kebabs. For the basting marinade, you will need olive oil, lemon juice black pepper and oregano. Brush the kebabs thoroughly with the mixture. Cook the kebabs under the grill or on the BBQ until the halloumi/ tofu is golden and the veggies have softened.

