



Pork Souvlaki with Tzatziki

and Apple Salad



20-30min



4 Portions

Our take on this Greek fast food may not feature the traditional skewered meat, but our dish of stir-fried pork strips marinated in fragrant rosemary, cumin and coriander is just as delicious and quick to cook. A refreshing minted yoghurt sauce and crunchy apple and rocket salad turn this popular street snack into a substantial and nutritious dinner.

What we send

- lemons, green apples
- Greek-style yoghurt ⁷
- rocket leaves
- spice blend (cumin, coriander)
- garlic, rosemary, mint
- free-range pork stir-fry strips
- pita bread ¹

What you'll require

- olive oil
- sea salt and pepper
- sugar

Utensils

- foil
- large frypan

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 560.0kcal, Fat 12.5g, Proteins 45.6g, Carbs 62.2g



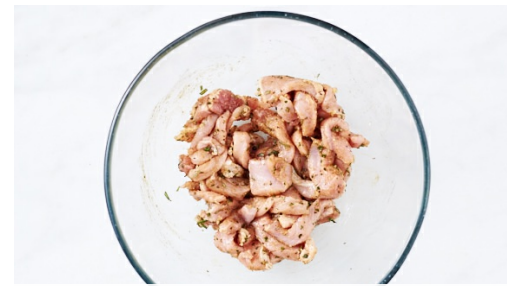
1. Prepare ingredients

Preheat the oven to 170C. Pick and finely chop the **rosemary** leaves, discarding the stems, then put in a large bowl. Finely grate the **lemon** rind and juice the **lemons**. Crush or finely chop the **garlic**.



4. Make salad

Thinly slice the **apples** with its skin, discarding the core. Stack the slices, then cut into thin matchsticks. Put in a bowl with the **rocket** and **remaining mint**. Drizzle over **remaining oil** and **lemon juice**, season with **salt and pepper**, and toss to combine.



2. Marinate pork

Add the **spice blend**, **half the garlic** and **2 tbs oil** to the rosemary. Season with **salt and pepper** and stir to combine. Add the **pork** and toss to coat. Set aside to marinate.



5. Warm pita bread

Wrap **4 pita breads** in foil (keep the remainder for another use), then warm in the oven until ready to serve.



3. Make tzatziki

Pick the **mint** leaves, discarding the stems, then finely chop **half the mint** and put in a bowl. Add the **remaining garlic**, **yoghurt**, **lemon zest**, **2 tsp lemon juice**, the **sugar**, **salt and pepper**, and stir well to combine.



6. Cook pork

Meanwhile, heat a large frypan over high heat. Working in 2 batches, add the pork mixture and stir-fry for 2-3 mins until cooked through. Spread each **pita bread** with the tzatziki, then top with the pork and salad, and wrap to enclose. Serve with any remaining salad on the side.