

Spiced Pork & Pineapple Skewers



Serves 2 - 3

**Prep 15 mins
+ marinating**

Cooking 16 mins

Easy

Ingredients

350g pork tenderloin, cut into 3 cm cubes
1 tbsp rice vinegar
1 tbsp caster sugar
1/2 lime, zested and 1/2 juiced
1 tbsp vegetable oil
180g pineapple chunks, cut into similar sized cubes to the pork
1 tbsp Jerk spice (**readymade or homemade**)

Homemade jerk spice

1 big bunch spring onions, chopped
1/2 a small onion
1/2 tsp dried thyme, or 1 tbsp thyme leaves
juice 1 lime
2 tbsp soy sauce
2 tbsp vegetable oil
3 tbsp brown sugar
1 tbsp ground allspice

1. **For the homemade Jerk spice:** put all the ingredients for the Jerk Sauce in a food processor and whiz until smooth.
2. Put all the ingredients, except the pineapple, in a bowl and mix really well to ensure the pork is well coated. Cover and marinate in the fridge for 2 -3 hours or overnight. Marinating the pork will ensure every bite is juicy and tender when cooked.
3. Soak 8 - 10 wooden skewers in cold water for 30 mins or use metal skewers. Remove the pork from the fridge about 20 mins before you are ready to cook.
4. Skewer the pieces of pork alternately with chunks of pineapple until both are used up. Heat a griddle pan over a medium-high heat or cook on a BBQ.
5. Grill the skewers for 3- 4 mins per side (so 12 - 16 mins in total) until the pork is caramelised and cooked through and the pineapple is charred. Rest on a plate for 5 mins before serving.