

ORANGE & CUMIN MARINATED PORK KEBABS WITH ZESTY COUS COUS

FOR THE KEBABS: 225g Cranstons Lean Pork Loin Steaks, cubed • 1 Orange, zest and juice • 1 tsp Cumin Seeds • 1 tsp English Mustard

FOR THE COUS COUS: 150g Cous Cous • 1 Orange, zest and juice • 1 tsp English Mustard • 1 tbsp Fresh Coriander, chopped • 2 Spring Onions, finely chopped

PREP: 1 - 2 HRS **COOKING TIME:** 15 MINS **SERVES:** 2

- Mix together the orange zest, orange juice, cumin and mustard in a large bowl. Add the Lean Pork Loin Steaks, mix well, cover and refrigerate for 1 - 2 hours.
- Thread the pork onto skewers and cook under a pre-heated grill for 12 - 15 mins.
- **For the cous cous:** Add the cous cous to a bowl and cover with 240ml boiling water, the orange juice, orange zest and English mustard.
- Cover with cling film and leave to soften for 10 - 15 mins. Stir through the coriander and spring onions.
- Serve the kebabs with the cous cous, extra vegetables and a low-fat yogurt dip.

You could also use Cranstons Pork Leg Steak or Pork Fillet.

OTHER DELICIOUS SKEWER IDEAS...

Try pairing Cranstons Pork Loin with slices of fresh apple or chunks of mango.

Recipe & image courtesy of AHDB from lovepork.co.uk

AL FRESCO DINING WITH CRANSTONS

RECIPE CARD



PTO FOR...
HOISIN BEEF BURGERS & RELISH

Orange & Cumin Pork Kebabs

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