



Summer Pork Kebabs

Serves: 4

- 3tbsp extra virgin olive oil
 - 1tbsp tomato puree
 - 5tbsp Worcestershire sauce
 - 1tsp smoked paprika
 - 450g pork fillet, cut into cubes
 - 2 peppers, deseeded and chopped
 - 1 large red onion, cut into wedges
 - 300g cherry tomatoes
1. Preheat oven to 220 °C.
 2. Mix 1tbsp olive oil, tomato puree, Worcestershire sauce, paprika and seasoning.
 3. Add the pork and marinate for a few minutes.
 4. Put the peppers, onion and tomatoes in a bowl with the remaining olive oil. Mix to coat.
 5. Thread the vegetables and pork onto metal skewers.
 6. Cook on a baking sheet for 15 minutes then grill for 2-3 minutes.