

## Orange and Cumin marinated Pork Kebabs

**Feeds:** Makes 4 kebabs

**Time to cook:** Approximately 15 minutes plus 1-2 hours marinating time

Take....

Lean pork loin or leg steaks or fillet  
Orange zest and juice  
Cumin seeds  
English mustard

**For cous cous:**

Cous cous  
Orange zest and juice  
English mustard  
Fresh coriander  
Spring onions



Make....

- 1 Cut **225g(8oz) lean, fully trimmed pork loin or leg steaks or fillet** into cubes and mix together with **zest and juice of 1 orange, 5ml(1tsp) cumin seeds** and **5ml(1tsp) English mustard**. Mix well, cover and refrigerate for 1-2 hours to let the flavours infuse.
- 2 Thread the pork cubes onto skewers and cook under a preheated grill for 12-15 minutes.
- 3 Meanwhile place **150g(5oz) cous cous** in a bowl. Mix together **240ml(8floz) boiling water** with **zest and juice of 1 orange** and **5ml(1tsp) English mustard**. Pour over the cous cous, cover with clingfilm and leave to soften for 10-15 minutes. Stir through **15ml(1tbsp) fresh coriander**, chopped, and **2 spring onions**, chopped.

Eat...

Serve the kebabs with the cous cous, extra vegetables and a low-fat yogurt dip.

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