IDEAL PROTEIN

pork skewer with fresh herb lettuce wrap

SERVES 1 • READY IN 20 MINUTES OR LESS



Ingredients:

- 1 portion pork tenderloin, cut into 1" cubes
- ½ tbsp fresh lemongrass (white tender parts only), chopped finely or zest of 1 fresh lime
- 1 tsp avocado oil
- 1/8 tsp salt
- 1 tbsp tamari
- 4-6 leaves boston bibbs lettuce
- 2 tbsp chives, cilantro, mint or a combination, roughly chopped
- 1/2 fresh lime quartered, for serving

Place pork pieces in a ziplock bag with lemongrass, avocado oil and tamari. Marinate for 30 min to overnight.

30 min before grilling, soak wooden skewers.

Set aside lettuce leaves and herb(s).

Heat a grill on high heat.

While the grill is heating up, thread pork pieces onto skewers, 3 pieces per skewer.

Grill pork until cooked through, about 7-10 min (rotating every 2 minutes or so) or until internal temperature reaches 145F.

Take pork off of skewer(s) and place onto the lettuce leaves. Garnish generously with herbs.

Squeeze fresh lime over top and eat.