



BBQ PORK SKEWERS

Prep: 10 min – Marinating: 30min – Makes 12 skewers - Easy

450g lean pork fillet

For the marinade:

2 garlic cloves, crushed
1 handful fresh coriander, chopped
4 tbsp Thai fish sauce
1 tbsp light soy sauce
1 tbsp ketjap manis
110ml coconut cream
110ml sunflower oil
1 tbsp brown sugar

12 wooden skewers

- Cut the pork fillet into thin slices of about 3x8cm and put into a ceramic dish or a sealable plastic bag.
- Combine all the ingredients for the marinade in a bowl and pour over the pork slices. Mix so that all the pork slices are covered in the marinade. Cover with cling film and marinate in the fridge for at least 30mins or overnight.
- Before grilling the meat, soak the wooden skewers in water for 30 minutes.
- Thread the meat on the wooden skewers, making sure that as much of the surface of the meat is exposed to the grill.
- Grill on a high heat for about 3 minutes on each side.

Tip: You can prepare these under a hot oven grill. Grill them for about 10-15 minutes, turning regularly.

Ketjap manis is a sweet soy sauce often used in South East Asian cooking. If you can't get hold of ketjap manis you can just use a tbsp of molasses or regular soy sauce instead.