



pork skewer with fresh herb lettuce wrap

Phase 1 Recipe

SERVES 1 | READY IN 20 MINUTES

Ingredients:

- 1 portion* pork tenderloin, cut into 1-inch cubes
- ½ tbsp fresh lemongrass (white tender parts only), chopped finely or zest of 1 fresh lime
- 1 tsp avocado oil
- ⅛ tsp salt
- 1 tbsp tamari
- 4-6 leaves boston bibbs lettuce
- 2 tbsp chives, cilantro, mint or a combination, roughly chopped
- ½ 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 145°F.

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

Squeeze fresh lime over top and eat.

*US: 1 Portion = 4-6 ounces

*CA: 1 Portion = 8 ounces