

Grilled pork skewers with Ribbon Zucchini Noodles

Pork Skewers:

- 650g pork tenderloin
- 4 wooden skewers about 25-28 cm
- 2 tsp Italian seasoning
- 2 tbsp olive oil
- ½ tsp garlic powder
- 1 tsp sea salt
- ½ tsp peppercorns, white
- Ribbon Zoodle Salad, 400g zucchini
- 2 tbsp fresh mint, finely chopped
- 2 tbsp fresh parsley, finely chopped
- ½ tsp minced garlic cloves
- 1 lemon, juice and zest
- 1/3 cup extra virgin olive oil
- salt and ground black pepper, for seasoning

Homemade Mayonnaise:

- 1 egg yolk
 - 1 tsp Dijon mustard
 - 1 cup avocado oil or light olive oil
 - 2 tsp white wine vinegar or lemon juice
- Use machine blender and whip until creamy peaks appear

Instructions:

1. Remove any silver membrane from the pork tenderloin and cut into bite-sized pieces. In a small bowl, whisk together the marinade ingredients. Place the pork in a ziplock bag, and add the marinade. Shake to completely coat the meat. Refrigerate for at least one-half hour, although the longer it marinates, the better!
2. While the pork is marinating, soak the wooden skewers in cold water to keep them moist when grilling.
3. Use a mandolin, a vegetable peeler or a very sharp knife to shave the zucchini lengthwise into thin ribbon zoodles. Place in a medium-sized bowl with the mint and parsley.
4. In a small bowl, whisk together the garlic, lemon zest, lemon juice, and oil. Pour over the zoodles and set aside without tossing.
5. Combine the mayonnaise, garlic, and hot sauce in a small bowl and mix to combine. Set aside
6. Remove the pork from the fridge and divide it into 4 equal portions. Discard the marinade and thread each portion onto a skewer.
7. Pre-heat the indoor grill pan or outside grill, to medium-high heat.
8. Grill the skewers for about 4 minutes on each side, or until they reach 65°C internally.
9. Using tongs, lightly toss the zoodles with the dressing, and season with salt and freshly ground pepper, to taste.

Nutritional Information:

Net carbs: 2 % (4 g)
Fiber: 2 g
Fat: 80 % (73 g)
Protein: 18 % (37 g)
Calories: 826