

Thai: Grilled Pork Skewers with Chile Sauce

Ingredients:

- 1/4 cup low-sodium soy sauce
- 1/4 cup oyster sauce
- 3 tablespoons finely chopped garlic
- 2 tablespoons sugar
- 1 teaspoon freshly ground black pepper
- 1 1/2 pounds pork tenderloin, cut into 16 pieces
- 16 (6-inch) wooden skewers soaked in cold water for 30 minutes
- Chile sauce, recipe follows
- 1/2 cup fresh lime juice
- 1/4 cup fish sauce
- 1 tablespoon soy sauce
- 1 fresh Thai red chile, finely diced
- 2 teaspoons sugar
- 1 shallot, finely diced

Preparation:

Whisk together the soy sauce, oyster sauce, cilantro, garlic, sugar, and black pepper in a bowl.

Skewer 2 pieces of pork onto 2 skewers so that the meat lies flat. Place the pork skewers in a large baking dish. Pour the marinade over and turn to coat the pork. Cover and refrigerate for at least 1 hour up to 4 hours.

Heat grill to high. Remove the skewers from the marinade and grill the meat on both sides until slightly charred and cooked through, about 3 minutes per side. Serve with chili sauce on the side for dipping.

Chile Sauce:

Combine all ingredients in a small bowl. Cover and let sit at room temperature for at least 1 hour before serving.

Source: foodnetwork.com

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Servings: Makes 4 servings

Prep time: 15 minutes active,
1 hr to marinate

Cook time: 6 minutes

Nutrition Facts (per serving):

267 calories, 4g fat, 19g
carbohydrates, 39g protein,
1g fiber, 381mg sodium



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