



Recipe Category / Meats

Greek Souvlaki Kebabs

20'
Hands on

2 hours'
Hands off

10'
Cook Time

4
Portion(s)

2
Difficulty



Ingredients

- 800 g tenderloin
- 1 onion, medium
- 4 sprig(s) rosemary
- 3 sprig(s) thyme
- 2 clove(s) of garlic, whole or crushed
- 5 tablespoon(s) olive oil
- 5 tablespoon(s) vinegar, of white wine
- salt
- pepper

To serve

- [souvlaki pita breads](#)

Διατροφικός πίνακας

Nutrition information per portion

327 Calories (kcal)	15.0 Total Fat (g)	3.6 Saturated Fat (g)	3.8 Total Carbs (g)
16%	21%	18%	1%
2.4 Sugars (g)	42.0 Protein (g)	1.3 Fibre (g)	1.5 Sodium (g)
3%	84%	5%	25%

Method

- In a container add 5 tablespoons of white wine vinegar, 2 sprigs of rosemary and some sprigs of thyme. Soak the wooden skewers in this marinade for 1-2 hours so they won't burn while the meat is cooking. They will also release a nice aroma while cooking (you can also use [stainless steel skewers](#)).
- Use a [sharp knife](#) to help you remove the white membrane covering the top part of the pork loin. It is very important to remove this because it will remain tough no matter how long we cook it.
- Cut the meat into equal sized pieces (2-3 cm thick). Cutting the meat in this ways helps the meat cook evenly.
- Transfer to a deep [baking pan](#) and set them aside.
- Chop the onion into 4 pieces. Separate the onion layers and add them to the pan.
- Finely chop the herbs (aromatics) and discard the stems. Add them to the pan.
- Add 5 tablespoons of olive oil, 5 tablespoons of white wine vinegar, 2 cloves garlic, salt and pepper. Mix with a wooden spoon. You will notice that the color of the meat will turn white because of the vinegar. Set aside for at least 20 minutes.
- Then, thread the pieces of meat alternating with pieces of onion, onto the wooden skewers or the [stainless steel skewers](#).
- Cook over a grill until they cook through and brown nicely and the onions are juicy and caramelized.
- Serve with toasted [pita bread](#), tomatoes and [tzatziki](#) sauce.