



Pork Kebabs With Romesco Sauce

 Dairy Free  Very Healthy

READY IN



190 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 beefsteak tomatoes coarsely chopped
- ☐ 0.3 cup blanched almonds and
- ☐ 1.5 inch thick bread stale
- ☐ 1 tablespoon cumin seeds toasted finely
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 clove garlic finely chopped
- ☐ 2 small cloves garlic smashed
- ☐ 1 juice of lemon grated

- ☐ 4 servings kosher salt
- ☐ 1 tablespoon olive oil extra-virgin plus more if necessary
- ☐ 2 tablespoons olive oil extra-virgin plus more if necessary
- ☐ 5 ounce piquillo peppers coarsely chopped
- ☐ 2 pounds pork loin cut into 1-inch cubes
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1 pinch pepper flakes red
- ☐ 1 pinch of saffron
- ☐ 1 tablespoon sherry vinegar
- ☐ 1 tablespoon paprika smoked

Equipment

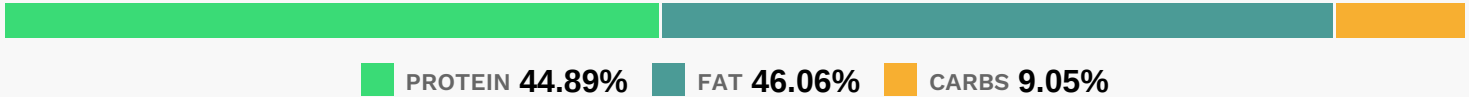
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ grill
- ☐ skewers

Directions

- ☐ Combine the cumin, smoked paprika, red pepper flakes, garlic, lemon zest and juice, and 1 teaspoon salt in a large bowl. Stir in the olive oil to make a loose paste.
- ☐ Add the pork and toss to completely coat.
- ☐ Let sit at room temperature for up to 2 hours or refrigerate overnight.
- ☐ Make the romesco sauce: Coat a skillet with the olive oil, place over medium heat and add the garlic and red pepper flakes. When the garlic starts to turn golden, add the tomato and piquillo peppers. Season with salt and cook until the tomato is soft and mushy, 4 to 5 minutes.
- ☐ Remove from the heat; let cool. Preheat a grill to medium. Grill the bread on both sides until toasted.

- ☐ Let cool; cut into cubes. Pulse the almonds and bread cubes in a food processor to form a coarse paste.
- ☐ Add the cooked tomato mixture and toss in the saffron, vinegar and parsley. Pulse to puree. Taste and season with salt, if needed.
- ☐ Add a couple tablespoons of olive oil or water if the mixture is really thick. Skewer the pork to make kebabs, putting 4 or 5 pieces of meat on each skewer. It's OK if the meat is touching, but do it loosely so the heat reaches all sides of the meat and the pork cooks evenly.
- ☐ Brush the grill with a wire brush and then rub down with an oiled paper towel. Grill the skewers on all sides so each side gets nice and brown (brown food tastes good), 5 to 8 minutes total.
- ☐ Transfer the kebabs to a platter and let rest 5 to 10 minutes.
- ☐ Serve with the romesco sauce. Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:69.67, Glycemic Load:1.41, Inflammation Score:-9, Nutrition Score:33.924347981163%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 486.58kcal (24.33%), Fat: 24.64g (37.91%), Saturated Fat: 4.69g (29.31%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 8.15g (2.96%), Sugar: 3.98g (4.43%), Cholesterol: 142.88mg (47.63%), Sodium: 420.33mg (18.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.04g (108.08%), Vitamin B6: 1.87mg (93.49%), Selenium: 63.89µg (91.28%), Vitamin B1: 1.08mg (71.85%), Vitamin B3: 14.16mg (70.8%), Phosphorus: 587.88mg (58.79%), Vitamin C: 38mg (46.07%), Vitamin A: 2073.41IU (41.47%), Potassium: 1196.25mg (34.18%), Vitamin E: 4.76mg (31.73%), Vitamin B2: 0.53mg (31.22%), Zinc: 4.67mg (31.1%), Vitamin K: 31.17µg (29.68%), Magnesium: 100.17mg (25.04%), Iron: 3.96mg (21.99%), Manganese: 0.39mg (19.69%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.87mg (18.7%), Copper: 0.3mg (15.02%), Fiber: 2.76g (11.02%), Calcium: 64.3mg (6.43%), Vitamin D: 0.91µg (6.05%), Folate: 21.54µg (5.38%)