



Tandoori Pork on the Outdoor Grill

READY IN



45 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons indian chile paste (see note)
- ☐ 1 small cucumber julienned
- ☐ 2.5 teaspoons garam masala
- ☐ 12 garlic cloves finely chopped
- ☐ 2 inch pieces of ginger fresh peeled finely chopped
- ☐ 1 tablespoon ground coriander
- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon ground fenugreek
- ☐ 5 tablespoons juice of lemon

- ☐ 0.3 cup mustard oil (see note)
- ☐ 4 servings naan bread
- ☐ 4 servings yogurt plain
- ☐ 14 ounce pork loin
- ☐ 1 tablespoon paprika sweet

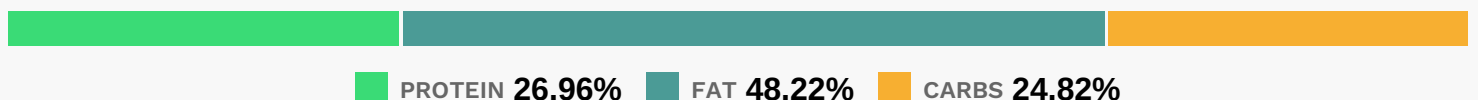
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak 8 wooden skewers in water overnight.
- ☐ To make the marinade, combine all the ingredients in a nonreactive bowl.
- ☐ Cut the pork into 1-inch cubes.
- ☐ Add the pork to the marinade, toss to coat and refrigerate for at least 3 hours.
- ☐ Set up the outdoor grill for direct-heat cooking over high heat. Thread the pork onto the skewers (use gloves to avoid staining your hands) and cook on the grill for 5 minutes on each side or until cooked through. Warm the naan bread briefly on the grill and serve with the tandoori pork, yogurt and cucumber.
- ☐ Fenugreek, Indian chile paste and mustard oil are available from Indian grocery stores or large Asian markets.
- ☐ From My Grill: Outdoor Cooking Australian Style by Pete Evans. Text copyright © 2009 Peter Evans; photography copyright © 2009 Anson Smart. First published in 2009 by Murdoch Books Australia; first published in the United States in 2011 by Weldon Owen, a division of Bonnier.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:1.09, Inflammation Score:-7, Nutrition Score:15.864782706551%

Flavonoids

Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 395.84kcal (19.79%), Fat: 21.32g (32.81%), Saturated Fat: 3.45g (21.56%), Carbohydrates: 24.69g (8.23%), Net Carbohydrates: 21.82g (7.94%), Sugar: 2.64g (2.94%), Cholesterol: 65.12mg (21.71%), Sodium: 269.95mg (11.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.83g (53.66%), Vitamin B6: 0.95mg (47.47%), Selenium: 29.47µg (42.11%), Vitamin B1: 0.5mg (33.27%), Vitamin B3: 6.15mg (30.75%), Phosphorus: 271.31mg (27.13%), Vitamin A: 917.93IU (18.36%), Potassium: 595.8mg (17.02%), Manganese: 0.31mg (15.52%), Iron: 2.74mg (15.2%), Vitamin C: 12.33mg (14.95%), Zinc: 2.22mg (14.8%), Vitamin B2: 0.25mg (14.48%), Magnesium: 50.48mg (12.62%), Fiber: 2.87g (11.49%), Vitamin B5: 0.97mg (9.67%), Copper: 0.18mg (8.78%), Vitamin B12: 0.51µg (8.5%), Calcium: 78.46mg (7.85%), Vitamin E: 0.75mg (5.01%), Vitamin K: 4.52µg (4.3%), Folate: 11.83µg (2.96%), Vitamin D: 0.4µg (2.65%)