SPANISH · SNACK · SIDE

Andalusian Spiced Pork Kebabs

Pinchos morunos

140 min · Serves 6 · 157 kcal a serve · Video 6:57 · Spain on a Fork

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

17 g protein and about 1 g net carbs a skewer: lean pork tenderloin marinated in garlic, saffron, smoked paprika, cumin, turmeric, cinnamon, lemon and olive oil. No sugar or dairy; for DASH keep the salt to a pinch a skewer.

Diet notes: Low carb (1.2 g net carbs) but not keto: 52% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (1.7 g, 9.7% of the energy); DASH-friendly with less salt: up to a pinch a serve.

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Ingredients 13 · SERVES 6

- [ ] 4 **garlic** cloves
- [ ] ¼ tsp **saffron threads**
- [ ] 1 tsp **dried oregano**
- [ ] 1 tsp **sweet smoked Spanish paprika**
- [ ] ¼ tsp **hot smoked Spanish paprika**
- [ ] ½ tsp **ground cumin**
- [ ] ½ tsp **ground turmeric**
- [ ] ¼ tsp **ground cinnamon**
- [ ] 1 tbsp (15 ml) **lemon juice**, plus lemon to serve
- [ ] 3 tbsp (45 ml) extra **virgin olive oil**
- [ ] 1 **pork tenderloin** (500 g), cut into 2½ cm cubes
- [ ] **sea salt** to taste (a pinch in the marinade) and black pepper
- [ ] **fresh parsley**, to garnish

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pound the garlic in a mortar with the saffron and a pinch of salt until well mashed. 0:47
2. Add the oregano, both paprikas, cumin, turmeric and cinnamon and keep pounding until combined, then stir in the lemon juice and olive oil. 1:30
3. Pat the pork dry, halve it lengthwise and cut it into 2½ cm cubes. Season with salt and pepper. 2:20
4. Toss the pork with the marinade, cover and refrigerate 1–2 hours. 3:22
5. Thread about 4 pieces onto each of 6 wooden skewers soaked in water for 20 minutes. 3:56
6. Cook in batches in a nonstick pan over medium heat, 1½–2 minutes a side (6–8 minutes in all), until at least 63°C inside. Serve with lemon and parsley. 4:18

Tip Soak wooden skewers for 20 minutes so they don't burn in the pan.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
157 kcal 660 kJ	17 g 33% of a day	1.7 g 1.2 g net · 0.2 g sugars 1% of a day

FIBRE	FAT	SODIUM
0.5 g 2% of a day	9.1 g 1.7 g saturated 12% of a day	420 mg 18% of a day

Energy from net carbs 3% · protein 44% · fat 53% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 43% · Vitamin B6 30%

Source of (10–19%) Zinc 14% · Vitamin K 14% · Vitamin B12 13%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=L-k0lHjQcbU. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/pinchos-morunos-pork-tenderloin