

MEDITERRANEAN INSPIRED BC PORK TENDERLOIN BROCHETTES WITH GREEK ORZO SALAD AND CILANTRO YOGURT SAUCE



INGREDIENTS

For the BC Pork Tenderloin Brochettes

¾ cup	Fresh Lemon Juice (about 4 lemons)	180 ml
1 tsp	Ground Black Pepper	5 ml
2 tsp	Dried Oregano	10 ml
4 cloves	BC Garlic, minced	4 cloves
3 each	BC Pork Tenderloins 2-2.5 lbs (900-1100 g)	3 each
2	BC Red Onions, diced into 1 inch (2.5 cm) pieces	2
Dash	Kosher Salt	Dash



DIRECTIONS

1. Remove the silver skin from the BC Pork Tenderloins.
2. Slice the pork tenderloins into 1-inch (2.5 cm) pieces.
3. Make the marinade by combining the lemon juice, pepper, oregano, and BC garlic in a large zip lock bag.
4. Add the pork tenderloins, seal the bag, and toss to cover. Marinate in the fridge for 1 hour, or even better, overnight.
5. Heat a BBQ or grill to medium-high heat.
6. Assemble skewers by alternating the pork and BC Onions (using the desired amount of pork) onto pre-soaked bamboo or stainless steel skewers.
7. Season skewers with kosher salt and grill until the internal temperature reaches 165 F (74C). Turn skewers frequently.

INGREDIENTS

For the Cilantro Yogurt Sauce

2 cups	BC Whole Fat Yogurt	500 ml
1	Lemon, Juice of	1
2 bunches	BC Cilantro	2 bunches
1 tbsp	BC Honey	15 ml
Dash	Salt and Pepper	Dash

DIRECTIONS

1. Combine the first 4 ingredients in a blender or food processor.
2. Blend until cilantro is thoroughly minced and the sauce is a vibrant green colour.
3. Season with salt and pepper.
4. Serve immediately or store in the refrigerator for up to five days.

GREEK ORZO SALAD



INGREDIENTS

For the Salad

2 cups	Uncooked Orzo Pasta	400g
1	BC Cucumber, diced small	1
2	BC Bell Peppers, diced small	2
24	BC Grape Tomatoes, halved	24
1 small	BC Red Onion, minced	1 small
½ cup	Kalamata Olives, pitted	125 ml
½ cup	BC Feta Cheese, crumbled	125 ml
10 large	BC Basil Leaves, torn	10 large
Dash	Salt and Pepper	Dash

DIRECTIONS

1. Cook the Orzo pasta according to package directions.
2. Strain and rinse pasta under cold water until fully cooled. Leave in the strainer to fully drain.

3. In a large bowl, combine all of the ingredients and gently toss.
4. Add the dressing and continue to toss until fully combined.
5. Season as desired with salt and pepper.
6. Serve immediately or store covered in the refrigerator for up to three days.

INGREDIENTS

For the Greek Dressing

½ cup	Extra Virgin Olive Oil	125 ml
1	Lemon, Juice of	1
⅓ cup	Red Wine Vinegar	80 ml
2 cloves	BC Garlic, minced	2 cloves
1 ½ tsp	Dried Oregano	7 ml
2 tbsp	Dijon Mustard	30 ml
Dash	Salt and Pepper	Dash

DIRECTIONS

1. Combine all ingredients in a bowl and whisk until combined.
2. Adjust seasoning with salt and pepper.
3. Use immediately or store in an airtight container for up to two weeks.