

Teriyaki Pork and Pineapple BBQ Skewers recipe

Total time **150 mins** 15 mins preparation time **120 mins** additional time **15 mins** cooking time

INGREDIENTS

4 portion(s)

4	cardamom pods
600 g	pork tenderloin, cut into cubes
4 tbsp	Kikkoman Teriyaki Marinade
	Zest and juice 1 lime, plus wedges to serve
2 tbsp	runny honey
2 tbsp	chilli oil
0.5	small pineapple, peeled, cored and cut into cubes
2	green peppers, deseeded and cut into cubes

PREPARATION

Step 1

Remove the seeds from the cardamom pods. Place the seeds in a mortar and pestle and crush. Empty into a large freezer bag and add the pork. In a jug mix together the Teriyaki Marinade, lime juice and zest, honey and chilli oil and pour into the freezer bag.

Step 2

Seal the bag and then massage from the outside to ensure the pork is coated in the marinade. Refrigerate for up to 2 hours to marinate.

Step 3

Thread the pork, pineapple and green peppers onto skewers, alternating until everything is used up. Preheat a BBQ or grill and cook for 10-15 minutes until cooked through and starting to char. Serve immediately with lime wedges on the side.