

Indian-Spiced Pork Skewers

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/pork-recipe-indian-style>

Ingredients:

- 2 pounds pork tenderloin or sirloin pork roast
- 2 red bell pepper
- 1 onions large
- 1 tablespoon garlic pressed, or minced and use the tip below
- 1 tablespoon curry powder
- 1 1/2 teaspoons kosher salt much less if you're using table salt, but you shouldn't be using table salt!
- 1/2 tablespoon cumin
- 1/2 tablespoon coriander
- 1/8 teaspoon cayenne pepper
- 1/4 cup fresh lemon juice
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon water

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 145 milligrams
4. Fat: 20 grams
5. Fiber: 2 grams
6. Protein: 49 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1020 milligrams
9. Sugar: 4 grams

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