

## INGREDIENTS:

1 pork tenderloin, trimmed  
8 no-soak semi-dried prunes  
2 tablespoons sunflower oil  
2 teaspoons dried oregano  
1 teaspoon sea salt  
12 grindings black pepper  
1 pinch of cinnamon

### For the kebabs:

2 medium courgettes  
16 cherry tomatoes  
2 medium onions  
2 lemons  
juice of 1 lemon  
2 tablespoons olive oil  
Sea salt

**TIME:** 15 mins

**SERVING:** 4 people



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Cut the tenderloin into eight equal sized rounds. Place each between two sheets of baking parchment and beat firmly with a rolling pin until roughly three inches in diameter. Roll up a prune in each one and secure with a cocktail stick. Mix the sunflower oil, oregano, salt pepper and cinnamon in a shallow dish and add the pork parcels. Marinate for two hours, turning frequently. Meanwhile peel the onions, halve laterally, quarter each half and separate the layers. Slice the courgettes into half-inch rounds and half the lemons lengthways and slice. Thread the vegetables and lemon slices onto four kebab skewers and brush with the oil. Cook the kebabs and the pork parcels away from the hottest part of the barbecue, turning frequently, until both are lightly browned, squeezing the lemon juice over the kebabs as soon as they come off the heat.

*Enjoy! Malcolm & Julie Pyne*

## YOUR NOTES: