

# Fresh for kids! Pineapple, pork & capsicum skewers



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Makes: 12  
Preparation: 20 minutes  
(+10 minutes marinating time)  
Cooking: 8 minutes

12 small (18cm) bamboo skewers  
1/2 medium yellow capsicum,  
halved and deseeded  
1/2 medium red capsicum, halved  
and deseeded  
1/2 small pineapple, peeled and  
cored  
400g pork fillet, trimmed  
2 tbs light soy sauce  
1 tbs honey  
2 tbs peanut oil  
boiled brown rice, to serve

1. Soak skewers in a shallow dish of cold water for 10 minutes.
2. Meanwhile, cut capsicums, pineapple and pork into small (about 3cm x 3cm) even-sized pieces. Place soy sauce, honey and oil into a shallow dish and whisk well to combine.
3. Thread capsicum, pineapple and pork onto skewers. Trim sharp ends of skewers, if desired. Place skewers into dish and brush to coat with soy marinade. Set aside to marinate for 10 minutes, turning occasionally.
4. Heat a barbecue plate or char-grill over medium heat. Cook skewers, turning occasionally, for 6–8 minutes or until pork is cooked through. Serve with brown rice.



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