

# Sweet and Sour Pork Kebabs



***PREP TIME : 15 MIN***

***COOK TIME : 10 MIN***

***SERVES : 4***

## ***Ingredients :***

- ***1 lb (500 g) pork tenderloin, cubed***
- ***1/2 jar (170 mL) VH® Sweet & Sour Cooking Sauce***
- ***12 pineapple chunks, about 1-inch (2.5 cm)***
- ***4 wooden skewers, soaked***
- ***2 cups (500 mL) steamed brown rice***
- ***1 tbsp (15 mL) chopped cilantro***

## ***Directions :***

- 1. Preheat grill to medium. Grease grates well.***
- 2. Toss pork with VH® Sweet & Sour Cooking Sauce. Alternating, thread pork and pineapple chunks onto skewers. Brush with remaining sauce in bowl.***
- 3. Arrange skewers on grill. Cook, turning once, for 6 to 8 minutes or until golden and cooked through. Serve over steamed brown rice. Sprinkle with cilantro.***

## ***Tips:***

***Make the skewers smaller and serve as an appetizer.  
Double the recipe for leftovers.***

## ***Other Usage:***



# Sweet and Sour Pork Kebabs

*Brush on grilled chicken.*

*Brush on pork butt and slow roast.*

*Toss with cooked green beans.*