

Brazilian Grilled Pork Kabobs with Vegetable Quinoa and Brown Rice



Ingredients:

Spice Pack for the Ribs:

- 1 tablespoon ground fennel
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 1 tablespoon kosher salt
- 1 tablespoon freshly ground black pepper
- 1 teaspoon ground allspice
- 1 teaspoon ground ginger
- 1 teaspoon hot paprika

Remaining Ingredients:

- 6 cloves garlic, minced
- 6 boneless country-style pork ribs, cut into 1-inch pieces
- 4 cups prepared quinoa and brown rice
- 1 leek, thinly sliced
- 1 serrano pepper, seeded and finely chopped
- 1 zucchini finely chopped
- 1 red bell pepper finely chopped
- 1 carrot finely chopped
- 1 cup red onion finely chopped
- 1 cup asparagus finely chopped
- 1 cup mushrooms finely chopped
- 1/4 cup olive oil, plus 2 tablespoons
- 2 tablespoons olive oil
- 2 tablespoons chopped fresh parsley
- Kosher salt
- Freshly ground black pepper
- Zest of one lemon
- 8 wooden skewers soaked in water, 1 hour

Directions:

- 1) Combine the spice pack ingredients in a small bowl. Add the garlic, lemon zest, and 1/4 cup of the olive oil.
- 2) Place the pork rib chunks in a large rectangular pan, and pour the marinade over the pork. Cover the pan with plastic wrap and marinate the pork in the refrigerator for 2 hours, stirring the meat every 30 minutes.
- 3) Pre-heat your grill to medium heat.
- 4) Thread the pork onto wooden skewers and season with salt and pepper. Place the kabobs on the grill, and cook them for 3 to 5 minutes per side until you have a nice char on the pork and the meat is cooked through.
- 5) Remove the kabobs from the grill, tent them with aluminum foil and let them rest for 5 minutes.
- 6) In large sauté pan, heat the remaining 2 tablespoons of olive oil over medium heat until shimmering. Add the vegetables and sauté until the veggies are crisp-tender, about 5 to 8 minutes.
- 7) Stir the prepared quinoa and brown rice into the pan to warm them back up, and season the dish with salt, pepper, lemon zest, and lemon juice to taste.
- 8) To serve, spoon some of the vegetable mixture on a plate followed by one of the kabobs. Sprinkle with the fresh parsley.