



GREECE

LUNCH

PRINTABLE RECIPE PDF

Greek Souvlaki

Souvlaki is a beloved Greek dish consisting of small pieces of meat grilled on a skewer. Historically, it dates back to ancient Greece where it was commonly

PREP

15 min

COOK

10 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 300 g pork shoulder - cut into 2 cm cubes
- 2 tbsp olive oil - for marinating
- 2 tbsp lemon juice - freshly squeezed
- 1 tsp dried oregano - Greek oregano is preferred
- 2 cloves garlic - minced
- 1 tsp salt
- 1 tsp black pepper
- 2 pita breads - for serving
- 100 g tzatziki sauce - for serving
- 50 g tomato - sliced, for garnish
- 50 g cucumber - sliced, for garnish
- 50 g red onion - sliced, for garnish

WHY THIS WORKS

About this recipe

A printable Greek Souvlaki recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Souvlaki is a beloved Greek dish consisting of small pieces of meat grilled on a skewer. Historically, it dates back to ancient Greece where it was commonly enjoyed by soldiers and workers as a quick meal. Today, it is a staple

ORIGIN & TRADITION

Mediterranean context

Souvlaki is a beloved Greek dish consisting of small pieces of meat grilled on a skewer. Historically, it dates back to ancient Greece where it was commonly enjoyed by soldiers and workers as a quick meal. Today, it is a staple of Greek street food, often served with pita and fresh garnishes.

METHOD

Step-by-step instructions

1

In a bowl, combine the olive oil, lemon juice, dried oregano, minced garlic, salt, and black pepper. Mix well to create a marinade.

2

Add the pork cubes to the marinade, ensuring each piece is well coated. Cover and let it marinate in the refrigerator for at least 30 minutes.

3

Preheat your grill or grill pan over medium-high heat. If using wooden skewers, soak them in water for 15 minutes to prevent burning.

4

Thread the marinated pork onto the skewers, leaving a little space between each piece.

5

Grill the skewers for about 10 minutes, turning occasionally, until the meat is cooked through and has nice grill marks.

6

Serve the souvlaki hot with pita bread, tzatziki sauce, and garnished with sliced tomatoes, cucumbers, and red onion.

CHEF'S TIP

For the juiciest pork, avoid overcooking. The meat should be slightly charred on the outside while remaining tender on the inside.

NUTRITION PER SERVING (EST.)

Calories	450 kcal	Fat	18 g
Protein	35 g	Fiber	3 g
Carbohydrates	40 g	Sodium	800 mg

SERVING SUGGESTION

Traditionally served wrapped in pita bread with tzatziki and fresh vegetables, souvlaki can be enjoyed with a side of Greek salad or a glass of ouzo.

PRINTABLE MEDITERRANEAN RECIPE PDFmedtableai.com