

1. Nutritious

Big nutrition in every bite!

- Packed with **high-quality protein**
- **Key nutrients** needed for optimal health such as iron, zinc, and vitamin B12
- **Lean and satisfying** – most trimmed pork cuts are lean (except ribs)

A 100-gram serving of lean pork packs 29 grams of protein.¹



2. Budget-friendly

Great value, fabulous flavour.

- **Affordable** protein that stretches your grocery dollar
- **Nutritious** meals without a premium price tag



3 Reasons Pork Belongs On Your Plate

3. Endlessly Versatile

Pork fits any meal, any day.

- **Works across cuisines** – from tacos and stir-fries to salads and skewers
- **Pairs perfectly with plants** like vegetables, fruit, whole grains, and legumes
- **Easy to swap in** for quick meals, family favourites, or entertaining

Better together!
Pork helps boost iron and zinc absorption from plant foods.

GRILLED KOREAN-INSPIRED BBQ TENDERLOIN SKEWERS

Lean pork tenderloin paired with bold flavour — proof that nutritious, budget-friendly meals can be delicious too. Add brown rice and a vibrant salad or veggie stir-fry for a balanced dinner.

Prep: 15 min **Marinating:** 30 min **Cook:** 10 minutes **Yield:** 6 skewers

Ingredients:

- 1 large pork tenderloin, about 1 lb (454 g)
- 3/4 cup (180 mL) prepared bulgogi sauce or another Korean BBQ sauce
- Canola oil (for greasing grill)
- Toasted sesame seeds (optional)

Directions:

1. Slice tenderloin crosswise into generous 1/4 inch (0.5 cm) thick slices and place in a bowl.
2. Add sauce to bowl; cover and refrigerate for at least 30 minutes and up to 2 hours.
3. Remove pork from marinade and discard marinade. Skewer each slice of pork by alternately threading and folding into a ribbon pattern. Use 5 to 6 slices for each skewer.
4. Brush barbecue grill with oil and preheat to high, about 450°F (230°C).
5. Place skewers on grill and cook for 4 to 5 minutes, turning halfway through. Remove to platter and sprinkle with sesame seeds to garnish (if desired).

Cooking Tip:

Freeze the tenderloin for 1 hour before slicing to make it easier to slice into 1/4 inch pieces.

Note:

If using bamboo skewers, be sure to soak them in water for at least 30 minutes before skewering.



Let's Cook!

Nutrients per serving (1 Skewer) 180 calories, 19 g protein, 4 g fat, 14 g carbohydrates, 0 g fibre, 12 g sugars, 830 mg sodium.