

Low FODMAP Orange Thyme Pork Skewers with Fresh Chive Slaw

Juicy citrus-marinated pork skewers paired with crisp, tangy slaw make the perfect crowd-pleasing meal that's gentle on sensitive stomachs and big on flavor.

Prep: 40 min

Cook: 12 min

Total: 172 min

Servings: 6

Low FODMAP ✓

Ingredients

pork tenderloin, cut into 2.5cm cubes

fresh orange juice

orange zest

garlic-infused olive oil

fresh thyme leaves

pure maple syrup

salt

black pepper

green cabbage, finely shredded

carrots, julienned

fresh chives, finely chopped

lactose-free mayonnaise

rice vinegar

Dijon mustard

white sugar

wooden or metal skewers

Instructions

Step 1: Marinate the Pork

(15 min)

In a large bowl, whisk together the orange juice, orange zest, garlic-infused olive oil, fresh thyme leaves, maple syrup, salt, and black pepper until well combined. Add the cubed pork tenderloin and toss to coat every piece thoroughly. Cover the bowl with plastic wrap and refrigerate for at least 2 hours, or up to 24 hours for deeper flavor. The citrus will tenderize the meat while infusing it with bright, aromatic notes.

Step 2: Prepare the Chive Slaw

(15 min)

While the pork marinates, make the slaw by combining the shredded cabbage, julienned carrots, and chopped chives in a large mixing bowl. In a separate small bowl, whisk together the lactose-free mayonnaise, rice vinegar, Dijon mustard, and sugar until smooth and creamy. Pour the dressing over the vegetables and toss thoroughly until everything is evenly coated. Cover and refrigerate for at least 1 hour to allow the flavors to meld and the cabbage to soften slightly. The slaw can be made up to 4 hours ahead.

Step 3: Assemble the Skewers

(10 min)

Remove the marinated pork from the refrigerator about 20 minutes before grilling to take the chill off. If using wooden skewers, make sure they've been soaked in water for at least 30 minutes to prevent burning. Thread 4-5 pieces of pork onto each skewer, leaving a small space between pieces to ensure even cooking. Reserve any remaining marinade for basting during grilling.

Step 4: Preheat and Prepare the Grill

(10 min)

Preheat your grill to medium-high heat, around 200-220°C. Clean the grates thoroughly and oil them lightly with a paper towel dipped in neutral oil to prevent sticking. This step is crucial for getting those beautiful grill marks and ensuring the pork releases easily when it's time to turn the skewers.

Step 5: Grill the Skewers

(12 min)

Place the pork skewers on the preheated grill, leaving space between each one for even heat circulation. Grill for 3-4 minutes per side, turning once, until the pork develops a nice caramelized crust and reaches an internal temperature of 63°C. Brush with reserved marinade during the last minute of cooking for extra flavor and shine. The total cooking time should be 10-12 minutes, depending on the size of your pork cubes. Be careful not to overcook, as pork tenderloin can dry out quickly.

Step 6: Rest and Serve

(5 min)

Transfer the cooked skewers to a clean platter and tent loosely with aluminum foil. Let them rest for 5 minutes to allow the juices to redistribute throughout the meat, ensuring every bite is moist and flavorful. Give the chive slaw a final toss, taste and adjust seasoning if needed, then serve the skewers alongside generous portions of the crisp, tangy slaw. Garnish with extra fresh thyme or orange wedges if desired.