

Heinz PORK KEBABS

PREP TIME: 10 mins
MARINATING TIME: 30+ mins
COOKING TIME: 12 mins
SERVES: 4



Recipe courtesy of www.heinz.co.uk

A simple, sweet and tangy marinade ensures that these pork kebabs are juicy and flavourful. Perfect for your next family and friends outdoor gathering. Delicious!

INGREDIENTS

For the marinade:

- 4 tbsp Heinz Barbecue Sauce
- ¼ cup oil
- 4 tsp Dijon mustard
- 8 tsp of runny honey

For the kebabs:

- 1 lb leg of pork, cubed
- 16 cherry tomatoes
- 1 yellow pepper cut into chunks
- 1 small onion cut into chunks

8 bamboo skewers, pre-soaked in cold water for at least 20 minutes

DIRECTIONS

- In a glass bowl whisk together 3 tablespoons of Heinz Barbecue Sauce the oil, mustard and honey until smooth and combined. Add the cubed meat, cover and marinate in the refrigerator for at least 30 minutes.
- Thread the meat cubes and the vegetables alternately onto pre-soaked skewers.
- Grill or barbecue the kebabs turning regularly for 10-12 minutes, or until done.
- Just before the kebabs are done brush on all sides with the remaining Heinz Barbecue Sauce and turn them on the barbecue to finish.

MATCHLIGHT Charcoal Briquettes
6.2 lb. bag
\$12.69 each

HEINZ BARBECUE SAUCE

- ORIGINAL
- SMOKEY
- SPICY

Your Choice **\$2.95** each



SAY Hello TO SUMMER SAVINGS

Don't forget Lindo's offers a 5% discount off food items every Wednesday*

* Cash sales only. Not applicable to alcohol, cigarettes, magazines, pharmacy, general & seasonal merchandise, etc.

GRACE Coconut Water 1 litre tetra pack **\$5.60**

MOTT'S Apple Juice 64 oz. **\$3.89**

FIJI Water 1.5 litre **\$2.55** **YOU SAVE 40¢**

HAWAIIAN PUNCH Fruit Juicy Red 64 oz. **\$1.99**

HEINZ Baked Beans in Tomato Sauce 415 gm. **\$2.69**

HEINZ Apple Cider Vinegar 16 oz. **\$2.49**

CRISCO Cooking Spray Regular - 6 oz. **\$3.15** **YOU SAVE 42¢**

SMUCKER'S Hot Fudge Topping 11 oz. jar **\$2.99**

HEINZ Tomato Ketchup 20 oz. **\$2.69**

FILIPPO BERIO Extra Virgin Olive Oil 750 ml. **\$7.65** **YOU SAVE \$3.10**

FOLGERS Instant Coffee Classic Regular - 8 oz. **\$8.15**

SPARKLING ICE Drinks 17 oz. **\$1.35**

CERES 100% Juice 1 litre **\$2.59**

FRENCH'S Honey Dijon Mustard 12 oz. **\$3.65**

GRACE Corned Beef 12 oz. **\$3.65**

CRISCO Canola Oil 32 oz. **\$4.45** **YOU SAVE 70¢**

GRACE Corned Beef 12 oz. **\$3.65**

CERES 100% Juice MANGO **\$2.59**

GRACE Corned Beef 12 oz. **\$3.65**

SMUCKER'S Toppings HOT FUDGE **\$2.99**

FILIPPO BERIO Extra Virgin Olive Oil 750 ml. **\$7.65** **YOU SAVE \$3.10**



NABISCO Oreo Creme Cookies 14.3 oz. **\$5.19**

NABISCO Chips Ahoy Cookies 13 oz. **\$4.99**

NABISCO Old Fashioned Ginger Snaps 16 oz. **\$4.89**

McVITIES Digestives Original - 400 gm. **\$3.85**

SUNSHINE Cheez-Its White Cheddar, Regular - 10.5 oz. **\$3.75**

KEEBLER Cashew Sandies Cookies 11.2 oz. **\$3.99**

JACOBS Flatbreads MULTIGRAIN MIXED SEED SALT & PEPPER 150 gm. **YOU SAVE 46¢**

Nestlé KIT KAT BARS 4 finger Milk Chocolate Dark Chocolate Chunky **Your Choice \$1.00 each**

Cadbury Dairy Milk Chocolate Bars Dairy Milk - 45 gm., Whole Nut - 49 gm., Fruit & Nut - 49 gm., Caramel - 45 gm. **Your Choice \$1.22 each**

ARM & HAMMER Toothpaste
Extra White Triple
Supreme Fresh
Sensitive Max
Extra White Stains
120 ml. tube

LISTERINE Mouthwash
Cool Mint
Zero Clean Mint
Antiseptic
1 litre bottle

health & beauty BUYS
BAN ROLL-ON Antiperspirant/Deodorant Regular, Unscented, Powder Fresh 103 ml. **Your Choice \$7.25 each**

ARM & HAMMER Sensitive Oraljel Whitening with Baking Soda **Your Choice \$8.69 each**

Tidy Savings

Household essentials for clean, fresh laundry, and a sparkling clean home

ARM & HAMMER Scentsations Laundry Detergent Purifying Waters Twilight Sky 61.25 oz. jug **Your Choice \$10.40 ea.**

CLOROX Bleach Foamer Fresh Scent 30 oz. **\$5.49**

CLOROX Toilet Bowl Cleaner Rain Clean 24 oz. squeeze bottle **\$3.15**

RAID Ant & Roach Fragrance Free Lemon Outdoor Fresh 17.5 oz. spray **Your Choice \$4.95 each**

CLOROX Toilet Bowl Cleaner Rain Clean 24 oz. squeeze bottle **\$3.15**

GLAD Quick-tie Tall Kitchen Bags 35 ct./13 gallon **\$9.29 ea.**

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ALPO Dog Food All varieties 22 oz. can **\$2.49**

PURINA Beneful Dog Food Original 6 lb. bag **\$8.69**

FRISKIES Cat Food All varieties 13.5 oz. can **\$1.65**

FRISKIES Seafood Sensations 3.5 lb. bag **\$7.35**



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