



Product Spotlight: Coriander

All parts of the coriander are edible, including the stems and seeds. It has a fresh, sweet, lemon and nutty flavour that brings life to dishes.



Jerk Pineapple Pork Buns

Slow-cooked jerk-spiced pork flavoured with sweet pineapple, piled into wholemeal buns with avocado salsa, and served alongside golden roasted sweet potato wedges for a flavour-packed, shareable meal.



3 hours +
30 minutes



2 servings



Pork

Switch it up!

Don't have a slow cooker? Do not fear! You can cook this dish in a heavy base pan in the oven or stove. Keep on a low heat and lid on, adding more liquid as needed. Alternatively, use a pressure cooker on high for 1 hour under pressure.

FROM YOUR BOX

PORK COLLAR BUTT	400g
JERK SPICE MIX	1 packet
TINNED PINEAPPLE	225g
BROWN ONION	1
GREEN CAPSICUM	1
SWEET POTATOES	400g
AVOCADO	1
CORIANDER	1 packet
LIME	1
WHOLEMEAL BUNS	2-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika

KEY UTENSILS

frypan, slow cooker, oven tray

NOTES

To get extra servings, add more sweet potato or regular potatoes to the oven tray. Halve filled pork buns, and add a side salad.

Sprinkle chilli flakes or pickled jalapeños over the buns for a spicy kick.

Top with pickled red onions or shredded lettuce for crunch and freshness.

No gluten option – rolls are replaced with GF rolls.

Protein Upsize Option: when adding extra meat, increase liquid in your slow cooker by adding 1/4 cup water to ensure even cooking.



1. BROWN THE PORK

Heat a frypan over medium-high with **oil**. Halve **pork**, coat with spice mix and **salt**. Sear for 5 minutes turning until browned.



2. SIMMER THE SLOW COOKER

Slice **onion**, chop **capsicum** and drain **pineapple** to reserve **juice**. Add **onion**, **capsicum**, **pineapple juice**, **pork** and **1/4 cup water** to slow cooker. Set cooker to high and cook for 3 hours or until tender.



3. ROAST THE WEDGES

Set oven to 220°C. Wedge **potatoes** and add to a lined oven tray (see notes). Toss with **oil**, **1 tsp smoked paprika**, **salt** and **pepper**. Roast for 25–30 minutes. or until tender and golden.



4. PREPARE THE FILLINGS

Dice **avocado** and finely chop **coriander** roots and stems (reserve leaves for garnish). Add to a bowl and mix to combine. Add **pineapple** and **lime zest** to a bowl, mix to combine. Wedge remaining **lime**.



5. SHRED THE PORK

Remove **pork** from cooker, shred with forks. Return to sauce, stir to coat. Season with **salt** and **pepper**.



6. FINISH AND SERVE

Serve **shredded pork** in **buns** with **fillings** (see notes) and **sweet potato wedges** on the side.

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