



Product Spotlight: Pork Collar Butt

Free-range pork collar butt is a great cut for slow cooking. Its natural marbling keeps the meat juicy and helps it become tender enough to pull apart with forks.



Pulled Kalua Pork with Creamy Lime Slaw

Winter might be over, but slow cooking still has a place at the table. Tender, smoky-sweet pulled pork with jasmine rice, crunchy slaw, juicy pineapple, fresh mint and creamy lime aioli.

 15 minutes + 3 1/2 hours slow cook  Pork  4/6 servings

Switch it up!

Turn it into sliders! Pile the pulled pork into soft buns with slaw to serve. You can add the cucumber, mint and pineapple to the slaw as well!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	41g	45g/49g	82g/85g

FROM YOUR BOX

	4 PERSON	6 PERSON
PORK COLLAR BUTT	800g	800g + 400g
GINGER	1 piece	1 piece
GARLIC CLOVE	1	2
TINNED PINEAPPLE	225g	2 x 225g
AIOLI	1 sachet	2 sachets
LIME	1	2
RED CABBAGE	1/4	2 x 1/4
LEBANESE CUCUMBER	1	2
MINT	60g	60g
JASMINE RICE	300g	300g + 150g

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce, brown sugar/honey, smoked paprika, apple cider vinegar

KEY UTENSILS

frypan, slow cooker

NOTES

If your slow cooker has a sauté function, sear meat directly in the cooker. You can cook on low heat for 6–8 hours instead if you prefer.

Protein Upsize Option: if adding extra meat, add 1/4 cup water to ensure even cooking.



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1. BROWN THE PORK

Halve and pat **pork** dry. Rub with **oil**, **2 tsp smoked paprika**, **salt and pepper**. Heat a frypan with **oil** over medium-high heat. Cook **pork** for 3–5 minutes or until browned all-round. Transfer to slow cooker.



2. MIX THE SAUCE

Grate **ginger** and crush **garlic**. Combine with **1 tbsp brown sugar**, **2 tbsp soy sauce**, **1 tbsp apple cider vinegar**, **2 tbsp pineapple juice from tin** and **2 tbsp water**.



3. SLOW COOK THE PORK

Add **sauce** to slow cooker and turn the pork to coat. Cover and cook on high for 3 1/2 hours or until very tender and easy to pull apart.



4. PREPARE SLAW & GARNISH

Combine **aioli** with **zest and juice of 1/2 lime** in a serving bowl. Finely shred and add **red cabbage**.

Dice **cucumber**, drain **pineapple** and pick or chop **mint leaves**. Cut **remaining lime** into wedges. Set aside in the fridge until serving.



5. COOK THE RICE

Place **jasmine rice** in a saucepan, cover with **550ml water**. Bring to a boil, cover with a lid and reduce to medium-low. Cook for 10–15 minutes or until **water** is absorbed.

6P – use 825ml water for the rice.



6. FINISH AND SERVE

Transfer the **pork** to a board and shred with two forks. Return to the pan and toss through the **cooking juices**.

Serve **pulled pork** with **jasmine rice**, **slaw** and **garnishes**.

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