



Product Spotlight: Jalapeño

In the Americas, the use of chilli, including jalapeños, dates back thousands of years, including the practice of smoking some varieties to preserve them.



Pulled Pork Carnita Bowl

with Pico de Gallo

Slow-cooked pork shoulder in a rich spiced tomato sauce, served with fluffy rice and topped with a fresh, zesty corn pico de gallo. A nourishing bowl with bold Mexican flavour and tender, pull-apart pork.



20 minutes + 3 hours slow cook



Pork



4 servings

Switch it up!

You can also serve the pulled pork and salsa with tacos or on nachos if preferred. Add some avocado, sour cream or grated cheese. Save the rice for another meal!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	35g	85g

FROM YOUR BOX

PORK COLLAR BUTT	800g
RED ONION	1
WARM MEXICAN SPICE MIX	1 packet
TOMATO PASTE	2 sachets
CORN COBS	2
TOMATOES	2
JALAPENO	1
CORIANDER	1 packet
LIME	1
BASMATI RICE	300g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, flour (of choice)

KEY UTENSILS

frypan, slow cooker (see notes)

NOTES

If you don't have a slow cooker you can cook this dish in a heavy base pan in the oven or stove. Keep on a low heat and lid on. Add more liquid as needed. You can use liquid stock or water.

Protein Upsize Option: when adding extra meat, increase liquid in your slow cooker by adding 1/2 cup water to ensure even cooking.

Warm Mexican Spice Mix: smoked paprika, dried oregano, garlic powder, ground cumin, coriander, cinnamon.



1. PREPARE THE PORK

Heat a frypan over medium-high with **oil**. Quarter the **pork**, coat with **2 tbsp flour**, **salt and pepper**. Sear for 5 minutes turning until browned.



2. SIMMER THE SLOW COOK

Slice **3/4 of the red onion**, add to cooker with **spice mix** and **tomato paste**. Pour in **1 cup water**, stir to combine. Add **pork** and stir to coat. Set cooker to high and cook for 3 hours or until tender.



3. MAKE THE PICO DE GALLO

Remove **corn kernels** from cobs. Add to hot frypan with **oil**, cook 5 minutes until charred. Finely dice **tomatoes**, **jalapeño**, and chop **coriander**. Toss with **corn**, **1/2 lime zest and juice** (wedge remaining). Set aside in fridge until serving.



4. COOK THE RICE

Near the end of cooking, place **rice** in saucepan with **600ml water**. Bring to boil, cover, and reduce to low for 10–15 minutes. Remove from heat and rest for 5 minutes, then fluff.



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

Assemble bowls with **rice**, **pulled pork**, and spoonfuls of **pico de gallo**. Serve with **lime wedge**.

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