

# pork carnitas with pineapple salsa

prep time 20min

cooking time 10hrs

serves 6-10



this recipe is free from gluten, grains, dairy and refined sugar

## ingredients

- 2-2.5kg pork shoulder, bone-in
- 1 onion, diced
- optional -1 red chilli, sliced
- 2 tsp salt
- 1 tsp pepper
- 4 cloves garlic, crushed
- 2 oranges, juiced and zested
- 1 tbs dried oregano
- 2 tsp ground cumin
- 2 tbs olive oil

## pineapple salsa

- 1/2 pineapple, chopped into small cubes
- 1 red chilli, finely sliced (seeds removed if you don't want too much spice)
- 2 tbs fresh coriander, chopped
- 1 red capsicum, finely diced
- 1/2 red onion, finely diced
- juice 1 lime
- pinch salt

## method

1. mix the oregano, cumin and olive oil together and rub over the pork. add the remaining ingredients to your slow cooker or crockpot and mix. add pork and flip a few times to get some juices on it. slow cook for 10hrs on low in a slow cooker or at 120c in a crockpot in the oven.
2. remove from slow cooker, pull the skin off (discard) and shred meat with 2 forks. add liquid from the slow cooker to a saucepan and reduce by half then pour back over the shredded pork. the traditional style carnitas would then be popped under the grill in a baking dish to crisp up the edges. this step is optional but delicious. serve with pineapple salsa and tortillas or rice.

## method

1. add all salsa ingredients to a bowl and mix well to combine.

