



Health - Energy - Fitness - Confidence

Slow cook pork shoulder

2 tbsps olive oil
1.7kg pork shoulder joint, visible fat removed
300ml chicken stock (made with one organic stock cube)
170ml white wine (or replace with chicken stock)
1 tsp black peppercorns
2 large bay leaves
a pinch of sea salt and ground black pepper
1-2 sprigs of fresh rosemary
1 garlic bulb

Serves 6

Per serving:
478 calories
59g protein
2g carbs
26g fat

Heat the oil in a frying pan over a medium flame. Add the pork and season with salt and pepper.

Brown the pork for around 5 minutes on each side.

Transfer to a slow cooker.

Add the remaining ingredients.

Cook on a low setting for 6 hours.

Remove the meat, place on a plate and shred it with two forks.

Optional step: To make a gravy, remove the herbs from the sauce and discard. Squeeze the garlic cloves out of their skins back into the pot. Add the meat back into the slow cooker and cover with a lid until ready to serve.

Serving suggestions:

Serve with salad and bread or with potatoes and steamed vegetables.

Store any leftover pork in an airtight container and refrigerate for up to 4 days or freeze on same day.



