

Pulled Pork Lettuce Wraps



Pulled pork without the added sugar and virtually no fat. Need we say more?

Ingredients

- 1 kg pork tenderloin
- 1/4 cup extra virgin olive oil
- 1 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp pepper
- 3 tsp cumin
- 2 tsp onion powder
- 2 tsp garlic powder
- 5 sprigs of thyme
- 2 cups salt reduced chicken stock
- 2 apples, grated
- 2 onions, grated

4 garlic cloves, crushed
2 tbsp worcestershire sauce
3 tbsp tomato paste
2 tbsp cider vinegar
2 lettuce heads
1/4 red cabbage, shredded
1/4 green cabbage, shredded
1 bunch coriander, chopped
2 tbsp apple cider vinegar

Method:

1. Preheat the oven to 130C.
2. In a bowl, mix the olive oil, onion, garlic powder, cumin, smoked paprika, salt, pepper and thyme. Pour spice mix over pork and massage into the meat.
3. Using a heavy based ovenproof pan, add the onions, garlic, apple, chicken stock, tomato paste, worcestershire, and cider vinegar with the spiced pork.
4. Place in the oven for 5-6 hours or until the pork is soft and tender.
5. Remove from heat, and using a fork shred the meat, keeping the pulled meat in its juices.
6. To make the coleslaw, mix the red and green cabbage in a large bowl with the chopped coriander. Add the apple cider vinegar, season with salt and pepper and toss.
7. Serve pulled pork on lettuce cups, topped with the simple cabbage slaw.