



Low FODMAP Pulled Pork Burrito Bowl

Serves: 6

Prep: 30 minutes

Cook: 7 hours



Ingredients	Metric	Imperial
pork shoulder, string removed	2000 g	70.5 oz
1.5 tbs paprika		
1 tbs cumin		
2 tsp ground coriander		
2 cups brown rice, raw		
1 cup red cabbage, shredded	300 g	10.6 oz
feta, crumbled	100 g	3.5 oz
cherry tomatoes, chopped in half	250 g	8.8 oz
1 cup corn kernals	150 g	5.3 oz
1/4 cup lime juice + extra lime wedges to garnish	65 g	2.3 oz
1/2 bunch coriander (cilantro) leaves		
1 small fresh Jalapeno chilli, thinly sliced (optional to garnish for extra spice if desired)	29 g	1.0 oz

Method

1. Add all spices to a bowl and stir to combine. Rub spice mix all over pork. Place pork in a slow cooker, pour 2/3 cup of water around the pork and cook for 8hrs on low setting, or until pork is very tender. Discard skin. If using an oven, see notes below.
2. When pork is tender, cook brown rice according to packet instructions.
3. Divide rice and pork evenly across serving bowls. Top with cabbage, tomatoes, corn, feta, lime juice, coriander, and jalapeno, if using.

Hints

If using an oven, preheat oven to 220°C. Line a roasting tin with sheets of foil big enough to fold on top of the pork. Put the pork into the hot oven for about 40 minutes until well browned, then take out and turn down the heat to 125°C. Fold the foil over the top to make a sealed parcel. Put back in the oven and cook for about 6–7 hours, until it's soft and falling apart. Pour off the juices and reserve

Nutrition Information (per serve)	
Energy	2722 Kj / 651 cal
Protein	74.80g
Carbohydrates	44.70g
Sugar	3.50g
Total Fat	17.00g
Saturated Fat	6.60g
Fibre	6.50g