



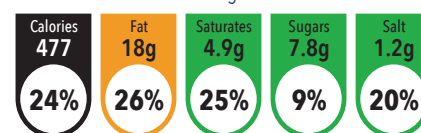
SLOW COOKED PULLED PORK WITH BEAN SALAD

 **Prep: 15 minutes**

 **Cook: 6-7 hours**

 **Serves: 4**

Each serving contains



of your guideline daily amount

Ingredients:

- 1½ tsp **LoSalt**
- 1 tsp chilli powder
- 1 tsp smoked paprika
- 1kg lean pork shoulder joint, trimmed of any fat & cut in half
- ½ tbsp oil
- 1 very low salt vegetable stock cube
- 400g can red kidney beans in water, drained and rinsed
- 260g can sweetcorn in water, drained
- 1 ripe avocado, diced
- 1 red pepper, diced
- 1 tbsp balsamic vinegar

COOKS TIP:

Great served in warm brioche buns with the salad or mixed together with the salad for a picnic.

Method:

1. Mix together the **LoSalt** and spices and sprinkle over the pork pieces, rubbing in gently. Heat the oil in a frying pan and fry for 4-5 minutes until browned on all sides.
2. Dissolve the stock cube in 500ml boiling water and pour into a slow cooker. Add the pork. Cover and slow cook on HIGH for 6-7 hours until tender.
3. Just before serving, mix together the kidney beans, sweetcorn, avocado, red pepper, vinegar and remaining ½ tsp LoSalt.
4. Remove the pork from the stock and shred with 2 forks and mix in 2-3 tbsp of the juices, serve with the bean salad.