

PRESSURE COOKER PULLED PORK

Time: 90 minutes

Serves: 8

Ingredients:

25g smoked paprika
20g salt
5g garlic powder
5g Mexican chili powder
3g fresh ground black pepper
2g cumin
1.5kg boneless pork shoulder – fat cap discarded - cut into roughly 5cm cubes
250ml water

Preparation:

In a suitable bowl, combine the paprika, salt, garlic powder, chili powder, pepper, and cumin.

Add the pork cubes and toss to coat evenly.

Place the water in your pressure cooker vessel. Place the seasoned pork in the water. Sprinkle remaining spice mixture over top.

Seal your pressure cooker and cook on high pressure for 65 minutes, beginning timing once full pressure is reached.

Safely release the pressure and remove the lid.

Use a slotted spoon to move the pork pieces to a bowl, discarding the liquid. Shred the pork by pulling part with two forks.

Serve immediately or toss with your favourite sauce and serve.

Nutritional Information Per Serving:

Calories: 476	Hand-Size Portion Guide
Fat: 29g	Palms of Protein: 2
Carbs: 0g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 51g	Thumbs of fat: 0