



BBQ pulled pork / jackfruit

You will need:

Spice rub

- 2 tsp ground fennel
- 1.5 tsp black pepper
- 2 tsp salt
- 3 tsp paprika
- 1 tsp cumin
- 1 tsp cinnamon
- 2 tsp chilli powder

Sauce

- 2 bay leaves
- 125ml vegetable stock
- 75ml apple cider vinegar
- 1/4 tin of chopped tomatoes
- 2 cloves of garlic (finely chopped)

Plus

- 1.5kg pork shoulder / A tin of jackfruit (drained)

Top tips

- If you can't find ground fennel, you can grind seeds in a blender
- You can also use ready made spice mixes, if you'd prefer
- You can cook both in the oven. Simply cover in foil until cooked through, then remove the foil to allow the sauce to thicken

Allergens

- Check the stock cubes
- The jackfruit version is suitable for vegans

Before cooking

Combine the spice mix ingredients and use to coat the pork / jackfruit

Cover and leave in the fridge for at least 2 hours, so the flavours can develop

For a better flavour, add some oil to a frying pan and brown the pork on all sides, before cooking it further



Mix the bay leaves, garlic, cider vinegar, stock and chopped tomatoes together



For pork

Add liquid and pork to a slow cooker and cook on high for approximately 5 hours. Remove the pork from the pan, discard the fat and shred

Return the meat to the pan, remove the lid and continue to cook until the sauce has thickened (about 30 minutes)



For jackfruit

Add the fruit and liquid to a pan and cook for approximately half an hour, until the sauce has thickened. Break up / shred the pieces of fruit and serve



Delicious served with homemade chunky chips or in a bun with coleslaw