

SLOW COOKED TERIYAKI PULLED PORK



Serves 4



Prep Time 5 minutes



Cook Time Slow cooker 7-8 hours (low)



INGREDIENTS

- 750g lean pork shoulder chops
- 1 onion, chopped
- 210g pouch **Wattie's WOK Creations Teriyaki Stir-Fry Sauce**
- 2 cloves garlic, crushed
- 1 tsp minced ginger
- ¼ cup fresh orange juice
- 2 **Gregg's Whole Star Anise** (optional)

METHOD

1. Preheat the slow cooker on low. Place the pork shoulder chops into the slow cooker. Scatter over the chopped onion.
3. In a bowl whisk together **Wattie's WOK Creations Teriyaki Stir-Fry Sauce**, crushed garlic, minced ginger and orange juice. Pour over the pork. Add **Gregg's Whole Star Anise** if using. Cover. Cook on low for 7-8 hours.

4. Remove the pork and pull off the bone using two forks. Remove star anise from the sauce. Add the pulled pork back into the sauce. Serve over rice. Garnish with toasted sesame seeds, chopped chilli and thinly sliced spring onions if wished. Serve with green beans or your favourite green vegetables.

TIPS

- Shoulder chops can be left on the bone and served if wished.
- Use the pulled pork to fill Bao buns with Asian Slaw.