


SLOW-COOKED TERIYAKI PULLED PORK


DAIRY
FREE



 Serves
4

 Prep Time 5
minutes

 Cook Time Slow cooked 7–8 hours
(on low)

 Easy
As



INGREDIENTS

- 750g lean pork shoulder chops
- 1 onion, chopped
- 210g pouch **Wattie's WOK Creations Teriyaki Stir-Fry Sauce**
- 2 cloves garlic, crushed

METHOD

1. Preheat the slow cooker on low. Place the pork shoulder chops into the slow cooker. Scatter over the chopped onion.
2. In a bowl, whisk together **Wattie's WOK Creations Teriyaki Stir-Fry Sauce**, garlic, ginger and orange juice. Pour over the

- 1 tsp finely grated ginger
- ¼ cup fresh orange juice
- 2 **Gregg's Whole Star Anise**
- **Gregg's Sesame Seeds**, toasted (optional)
- Red chilli, finely chopped (optional)
- Spring onions, thinly sliced (optional)

pork. Add the **Gregg's Whole Star Anise**. Cover and cook on low for 7–8 hours.

3. Remove the pork and pull the meat off the bone using two forks. Remove the star anise from the sauce. Add the pulled pork back into the sauce. Serve over rice. Garnish with toasted **Gregg's Sesame Seeds**, chopped chilli and thinly sliced spring onions if wished. Serve with your favourite vegetables.

TIPS

- Star anise pairs perfectly with pork, complementing the flavours in the dish.

SWITCH IT UP

- Use the pulled pork to fill bao buns with Asian Slaw.