



Pork carnitas tacos with kiwi-jalapeño salsa

SERVES 6 PREP 30 mins COOK 3 hrs 30 mins MORE EFFORT

We've made Mexican-style pulled pork a little lighter by using sunflower oil – which helps keep the pork meltingly tender – and a zingy kiwi salsa.

50ml sunflower oil
500g pork belly slices, diced into 2cm cubes
1kg pork shoulder, skin removed and diced into 2cm cubes
2 tsp dried oregano
1 tbsp whole black peppercorns
2 tsp cumin
1 cinnamon stick
1 orange, juiced, hulls reserved
1 onion, peeled and halved
1 garlic bulb, halved across the equator
500ml chicken stock

1 Heat the oil over a medium-high heat in a large casserole dish or pan. Add the pork belly and brown all over for 8-10 mins before removing to a plate. Next, brown the pork shoulder well – this can take around 30 mins, but it's important to properly render all the fat. Return the pork belly to the dish or pan and add all of the remaining ingredients for the meat filling and 1 tsp salt. Bring to a simmer, then cover and cook on a low heat for 2-3 hrs until very tender.

2 To make the salsa, heat a dry griddle or frying pan over a medium-high heat, then add the kiwis, jalapeños, and onion halves. Leave undisturbed for a few minutes until they start to char. Give the pan a quick shake every so often until evenly charred. Transfer to a plate to cool.

For the salsa

6 kiwis, peeled and halved
2 jalapeños, trimmed and halved
1 onion, peeled and halved
1 lime, juiced
25g coriander, finely chopped

To serve

corn tortillas
small handful of coriander leaves
1 red onion, peeled and sliced
lime, cut into wedges

3 Tip the kiwi mixture into a food processor or blender. Pour in the lime juice and pulse a few times until the mixture is roughly chopped and still slightly chunky. Spoon into a serving bowl and stir through the coriander and a little seasoning. *Will keep covered in the fridge for up to three days.*

4 To serve, drain the meat filling, reserving a ladle or two of the cooking liquor. You can either keep the meat in chunks or gently shred it with a fork, if you prefer. Either way, toss in the reserved juices and serve with the corn tortillas, coriander, red onion, lime wedges for squeezing over, and the salsa on the side.

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING 528 kcals • fat 30g • saturates 9g • carbs 12g • sugars 10g • fibre 4g • protein 51g • salt 1g



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Samuel Groves
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