

Pulled Japanese style pork



Preparation
Time



Cooking
Time



Serves



Ingredients:

- 1 tablespoon extra virgin olive oil
- 1.8kg pork shoulder, quartered (skin can stay on and be removed end of cook time)
- ½ cup soy sauce
- 1 cup sake
- 1 cup mirin (Japanese sweet rice wine)
- 1 tablespoon brown sugar
- 4 green onions, chopped
- 3cm piece ginger, peeled, halved
- 8 garlic cloves, peeled

Method:

- Pre-heat oven to 150°C.
- Heat the oil in a sauté pan over medium heat. Add the pork shoulder and cook for 2 minutes on both sides.
- Add remaining ingredients to the pan and bring to a simmer. Cover and place in the oven. Cook, spooning liquid over pork every hour for 3½ – 4 hours or until pork is tender and pulls apart easily with a fork.
- Remove from pan and place on a chopping board. Remove rind and slice pork.
- Place sliced pork in serving bowls. Serve with pickled cucumber with a generous drizzle of excess cooking liquid and cabbage salad.

Do you like this recipe? You might be interested in more recipes developed by Amie Harper, food and nutrition expert – www.thinkpei.com.au

Nutrition:

	Per serve (4 serves total)	Per 100g
Energy	4100kJ	600kJ
Protein	150g	21g
Fat total	19g	3g
Saturated fat	5g	0.8g
Monounsaturated fat	9g	1g
Polyunsaturated fat	3g	0.4g
Trans fat	0.05g	0.01g
Very long chain N3 fatty acids	0.1g	0.01g
Carbohydrates	34g	5g
Sugars	30g	4g
Fibre	1g	0.2g
Sodium	5600mg	820mg

Notes

The nutritional content stated in each recipe has been calculated using a nutritional labelling tool by FoodWorks 9 Professional. Please note the stated nutritional content is an estimate only, and may vary depending on the quality and amounts of ingredients used. For more information on the nutritional content of your food, please consult your dietitian for advice.

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