

# Pulled pork burrito bowl



 Serves: 6  Prep: 30 minutes  Cook: 7 hours  [Stack Cup](#)

If you have a slow cooker at home, pop the pork in the slow cooker in the morning, and by the time you are home in the evening, it will be ready to go! This tasty, Mexican inspired dish is one for the whole family.

Metric

Imperial

## ingredients

2kg pork shoulder, string removed

2000 g

1.5 tbs paprika

1 tbs cumin

2 tsp ground coriander	
2 cups brown rice, raw	
1 cup red cabbage, shredded	<b>300 g</b>
100g feta, crumbled	<b>100 g</b>
250g cherry tomatoes, chopped in half	<b>250 g</b>
1 cup corn kernals	<b>150 g</b>
1/4 cup lime juice + extra lime wedges to garnish	<b>65 g</b>
1/2 bunch coriander (cilantro) leaves	
1 small fresh Jalapeno chilli, thinly sliced (optional to garnish for extra spice if desired)	<b>29 g</b>

## Method

### Step 1

Add all spices to a bowl and stir to combine. Rub spice mix all over pork. Place pork in a slow cooker, pour 2/3 cup of water around the pork and cook for 8hrs on low setting, or until pork is very tender. Discard skin. If using an oven, see notes below.

### Step 2

When pork is tender, cook brown rice according to packet instructions.

### Step 3

Divide rice and pork evenly across serving bowls. Top with cabbage, tomatoes, corn, feta, lime juice, coriander, and jalapeno, if using.

---

## Hints

If using an oven, preheat oven to 220°C. Line a roasting tin with sheets of foil big enough to fold on top of the pork. Put the pork into the hot oven for about 40 minutes until well browned, then take out and turn down the heat to 125°C. Fold the foil over the top to make a sealed parcel. Put back in the oven and cook for about 6–7 hours, until it's soft and falling apart. Pour off the juices and reserve

