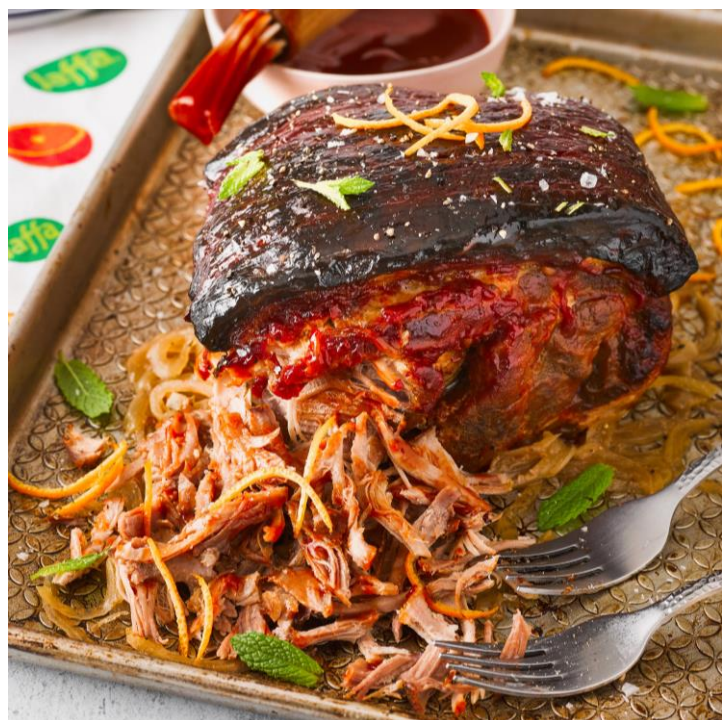




Jaffa Orange Barbeque Pulled Pork

Makes

8

Time

4.5
Hours

Level

MEDIUM

Kcal

575
per portion

You will need

3 x Jaffa Oranges (Juiced)
1 x Boneless Pork shoulder roast, patted dry
1 x Large White Onion, thinly sliced
2 x TBSP light-brown sugar
4 x TSP white-wine vinegar
4 x TSP Worcestershire Sauce
2 x TSP Hot Sauce
2 x TSP Salt
1 x TSP Pepper
235g x Ketchup

Our step-by-step guide

Step 1

Preheat the oven to Gas mark 4/ 180 °C (160°C fan oven), season pork with 1 TSP of salt and pepper. Add to a large, straight-sided skillet along with onion and 355ml of water. Cover with foil and transfer to the oven. Cook for 2 hours.

Step 2

Meanwhile, in a medium saucepan, combine 1 TSP salt, the juice of three Jaffa Oranges, ketchup, brown sugar, vinegar, Worcestershire sauce, and hot sauce. Bring to a simmer and cook until mixture has thickened, 18 to 20 minutes.

Step 3

Remove skillet from oven and coat pork with some of the sauce, ensuring you have enough left over. Return to oven and cook, uncovered, until tender, about 2 hours, basting pork with the sauce every 15 minutes. Skim fat, and shred pork and toss with the remaining sauce to serve.

Step 4

Enjoy!

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