

BBQ Pulled Pork

Serves; 6-8

Preparation Time; 10 Mins

Cook Time; 7 hours in slow cooker.

Ingredients.

For The Rub.

- 2 Tsp Smoked Paprika
- 2 Tsp Ground Cumin
- 1/2 Tsp Cinnamon
- 1 Tbsp Plain Flour
- 1 Tsp Pepper
- 1 Tsp Salt

Remaining Ingredients.

- 1.4 kg Pork Shoulder (Off the bone)
- 3 Tbsp Good Quality Smoked BBQ Sauce
- 2 Garlic Cloves – Crushed
- 140ml Apple Juice
- 2 Tbsp Olive Oil

Method.

- 1 Add all the rub ingredients into a bowl. Mix to combine. Rub over all the pork ensuring sides are covered too.
- 2 Heat the olive oil in a large pan. Over a medium to high heat sear the pork on all sides until browned.
- 3 Transfer the pork to a slow cooker.
- 4 Mix the garlic, BBQ sauce & apple juice together in a jug then pour over the pork.
- 5 Place the lid on the slow cooker pot and cook on low for 7 hours or until the pork is tender & falling apart.

