



Pulled pork with Mexican almond mole sauce

 Gluten Free

READY IN



150 min.

SERVINGS



6

CALORIES



668 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 750 g boston butt pork shoulder trimmed cut into large chunks
- ☐ 1 tsp tomato purée
- ☐ 200 ml chicken stock see hot
- ☐ 1 strips orange zest
- ☐ 1 cinnamon sticks
- ☐ 2 thyme sprigs
- ☐ 2 onions cut into chunks

- ☐ 2 garlic cloves
- ☐ 250 g pack cherry tomato
- ☐ 2 tbsp vegetable oil
- ☐ 670 g packs corn tortillas
- ☐ 50 g almond flaked
- ☐ 50 g raisin
- ☐ 2 tsp ground coriander and cumin
- ☐ 1 tsp chipotle paste
- ☐ 25 g chocolate plain finely chopped
- ☐ 200 g radishes trimmed thinly sliced
- ☐ 2 avocados chopped
- ☐ 2 juice of lime
- ☐ 1 bunch coriander
- ☐ 1 chillies green finely chopped

Equipment

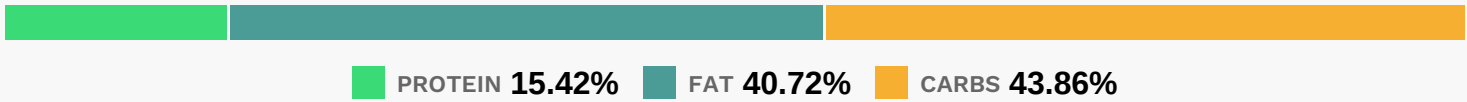
- ☐ frying pan
- ☐ blender
- ☐ casserole dish
- ☐ microwave
- ☐ slotted spoon

Directions

- ☐ Heat the oil in a casserole dish. Brown the pork for about 10 mins until golden all over, stir in the tomato pure and cook for 1 min.
- ☐ Pour over the chicken stock, then add the strips of orange zest and juice, cinnamon and thyme. Bring to the boil, reduce the heat, then cover and simmer for 1 hrs.
- ☐ Meanwhile, make the sauce.

- ☐ Heat a non-stick frying pan and dry-fry the onions and whole garlic cloves for about 5 mins, turning often until softened and lightly charred all over. Tip into a blender.
- ☐ Add the tomatoes to the pan. Cook for 3 mins until starting to blister and char, then tip into the blender.
- ☐ Add 1 tbsp oil to the pan. Fry 1 of the tortillas for 1 min on each side until golden. Tear into pieces and tip into the blender.
- ☐ Adding more oil if you need, fry the almonds for 3 mins until golden.
- ☐ Add to the blender. Finally add the raisins, coriander and cumin to the pan and cook for 1-2 mins until the raisins are plump.
- ☐ Add these to the blender along with the chipotle paste and finely chopped chocolate. Whizz together until a rough paste forms.
- ☐ Using a slotted spoon, remove the meat from the pan to a board, leave to cool a little, then use forks or your fingers to tear into shreds.
- ☐ Remove the cinnamon, orange zest and thyme sprigs from the pan and discard.
- ☐ Pour a little of the cooking liquid into the blender, then carefully whizz together with the mole sauce. Tip sauce into the pan with the rest of the pork cooking juices. Simmer on the hob for 10-15 mins, then return the shredded pork to the pan and cook for 20 mins more. Season to taste. Can be made up to this point up to 2 days in advance and stored in the fridge or frozen for up to 3 months.
- ☐ Just before serving, microwave the tortillas for 1 min to warm them. Toss together all the salsa ingredients and season well. Set everything out on the table. To serve, spoon some of the pork mole onto a tortilla, top with some salsa, then roll up and eat.

Nutrition Facts



Properties

Glycemic Index:62.15, Glycemic Load:27.72, Inflammation Score:-9, Nutrition Score:32.126521898353%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Pelargonidin: 21.04mg, Pelargonidin: 21.04mg, Pelargonidin: 21.04mg, Pelargonidin: 21.04mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-

gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.06mg, Isorhamnetin: 2.06mg, Isorhamnetin: 2.06mg, Isorhamnetin: 2.06mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg

Nutrients (% of daily need)

Calories: 667.61kcal (33.38%), Fat: 31.57g (48.56%), Saturated Fat: 6.17g (38.59%), Carbohydrates: 76.5g (25.5%), Net Carbohydrates: 60.71g (22.08%), Sugar: 8.16g (9.07%), Cholesterol: 52.1mg (17.37%), Sodium: 209.83mg (9.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.89g (53.79%), Phosphorus: 637.11mg (63.71%), Fiber: 15.79g (63.18%), Vitamin B1: 0.91mg (60.42%), Manganese: 0.96mg (48%), Selenium: 31.76µg (45.38%), Vitamin B6: 0.9mg (45.23%), Magnesium: 162.1mg (40.53%), Vitamin B3: 7.48mg (37.4%), Vitamin C: 30.53mg (37%), Potassium: 1230.2mg (35.15%), Vitamin B2: 0.59mg (34.65%), Zinc: 4.96mg (33.06%), Vitamin E: 4.73mg (31.56%), Vitamin K: 33.07µg (31.49%), Copper: 0.61mg (30.45%), Folate: 92.28µg (23.07%), Iron: 4.13mg (22.92%), Vitamin B5: 1.91mg (19.12%), Calcium: 173.22mg (17.32%), Vitamin B12: 0.64µg (10.68%), Vitamin A: 429.26IU (8.59%)