



# SPICED PORK SHOULDER, AVOCADO, PEAR AND LIME SALAD

(4 x portions)

## **INGREDIENTS**

Pork shoulder

## **QUANTITY**

1 kg

## ***SPICE MIXTURE***

Turmeric powder

¼ tsp

Coriander powder

¼ tsp

Cumin powder

¼ tsp

Garam masala

¼ tsp

Sea salt

## ***MARINATING LIQUID AND SAUCE***

Coconut milk

Lime juice

Mint

## ***AVOCADO, PEAR AND LIME SALAD***

Avocados (ripe)

1 large

Pears (ripe)

1 large

Lime juice

10 ml

Red Onion (finely diced)

10g

Fresh coriander (chopped)

5 gms

Green chilli (chopped)

1 each

Seasoning

## **METHOD:**

1. Trim pork shoulder and tie if needed, season with sea salt and spice mixture.
2. Pan fry in ghee until just browned, put into a slow oven on 160 for 1 hour or until cooked, allow to cool slightly and place into coconut marinade
3. Allow to marinate for approx 10 minutes
4. Make salad - peel and dice avocado and pears, finely dice red onion and green chilli, add lime juice, chopped coriander and season to taste
5. Cut wonton sheets into triangles. Deep fry until crisp and remove onto kitchen paper
6. Remove pork from marinade, bring coconut marinade to the boil, lightly thicken with cornflour
7. To assemble:
  - Spoon salad onto centre of plate
  - Place sliced pork shoulder around
  - Garnish with fried pastry and coriander
  - Spoon a little sauce around