



**CHLOË BOWLER**  
complete wellbeing

## **PULLED PORK**



### **Ingredients:**

- 1 Shoulder of Pork
- 3 garlic cloves
- 1 chopped onion
- 4 carrots
- 3 leeks
- 3 stalks of celery
- 1 litre vegetable stock
- ½ bottle of red wine
- Paprika
- 2 bay leaves

### **Instructions:**

1. Turn the oven on to 200°C, and in a casserole dish, first soften the onions and garlic on the top of the stove.
2. Add the chopped vegetables and continue to cook.
3. Season the pork, rub on the paprika, & place on the vegetables.
4. Pour in the stock and red wine, pop the lid on the casserole dish and put into the oven at 150°C for approximately 4 hours.
5. The pork should come out really tender and fall off the bone.
6. Delicious served with rice or quinoa, and plenty of greens.

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