

Pulled pork sliders with mango

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These delicious pulled pork sliders with mango will take your feasts to the next level this summer.

Ingredients:

- 2 tsp smoked paprika
- 2 tsp garlic powder
- 1 tsp cumin powder
- 1 tsp chilli powder
- ½ tsp sea salt
- 500 g pork neck
- 2 tbsp olive oil
- 1 brown onion, peeled and diced
- 2 L chicken stock
- ¼ small red cabbage
- Handful coriander leaves, washed
- 3 tbsp whole egg mayonnaise
- 2 mangoes
- 16 fresh mini brioche buns

Preheat the oven to 160°C on fanforced setting. Combine the spices and salt in a large bowl. Dice

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the pork neck into large chunks and toss though the dry spice mix until coated evenly.

Heat the oil to high in a heav-based pan, add the onion and cook for a few minutes before adding the pork.

Stir the pork around for a couple of minutes, allowing to brown.

Add the chicken stock, stir again and place the lid on the pot.

Place the pork in the oven for 3 hours. After this time, check to see if the meat is soft. If not, return the pot to the oven for another 30 minutes, and continue to check until it is ready.

The pork will be sitting in its juices, which should have reduced and turned a lovely rich colour.

Use a fork to gently break or pull the meat apart. The onions should dissolve into the mix during this process.

Slice the cabbage finely, and roughly chop the coriander. Mix the 2 in a bowl with the mayonnaise, season with salt and pepper.

Remove the mango from the skin and slice into thin pieces.

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