

Southern-style Pork & Slaw

Yield: 11 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-collard-greens-and-cabbage-recipe>

Ingredients:

- 1/2 pork higher-welfare shoulder of, neck end with bone in, approximately 5kg
- olive oil
- sea salt
- ground black pepper freshly
- 2 teaspoons smoked paprika plus a little extra for sprinkling over
- 1 handful fresh mint
- 2 red chillies fresh
- 6 tablespoons olive oil
- 3 tablespoons red wine vinegar
- 1/2 cabbage white, finely sliced
- 1 red onion peeled and coarsely grated
- 3 carrots peeled and coarsely grated
- 2 collard greens big handfuls, or spring cabbage, washed and spun dry
- 3 apples crunchy, very finely sliced
- 2 tablespoons mayonnaise made with free-range eggs
- extra virgin olive oil
- cayenne pepper
- 5 tablespoons red wine vinegar

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 13 grams
3. Fat: 12 grams
4. Fiber: 3 grams
5. Protein: 1 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 110 milligrams
8. Sugar: 6 grams

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