

Aunty Jen's Pineapple Pork Bowl

Servings: 4

Prep Time: 15 min

Cook Time: 6–8 hours (slow cooker) or 3 hours (oven)



Ingredients:

For the Pork:

- 2 lbs. pork shoulder
- 2 tbsp Auntie Jen's Caribbean Seasoning
- 1 tsp smoked paprika • 1 tbsp brown sugar
- 1 tsp salt
- 1/2 cup chicken broth
- 1/2 cup pineapple juice

For the Bowl:

- 2 cups cooked coconut rice (rice cooked in coconut milk)
- 1 cup grilled pineapple chunk
- 1 cup sautéed Bok choy or baby spinach
- 1 cup papaya or mango slaw (coleslaw mix with shredded papaya/mango + lime juice)
- Optional: chopped macadamia nuts for garnish

Instructions:

1. Prep pork: Rub pork with seasoning mix. Place in slow cooker or Dutch oven with broth and pineapple juice.
2. Cook:
 - Slow cooker: 6–8 hours on low until pork is tender.
 - Oven: Cover and roast at 325°F for 3 hours, basting occasionally.
3. Shred pork: Remove from pot, shred with forks, and return to juices.
4. Assemble bowls: In each bowl, add a scoop of coconut rice, shredded pork, Bok choy, pineapple, and slaw. Sprinkle macadamia nuts on top.