



## INSTANT POT PORK, APPLE & CIDER SERVES 8

### INGREDIENTS:

- 1.5kg pork shoulder joint - rind removed
- 3 bramley apples, peeled and cut into 8ths
- 2 leeks, sliced
- 3 handfuls of pearl barley
- can of condensed soup
- 500ml medium dry cider
- dried herbs like sage, thyme or tarragon

### INSTRUCTIONS:

- using the saute function, brown off the pork shoulder joint(keep it whole).
- add in the leeks, apple, soup, cider, pearl barley and herbs.
- put the lid on and ensure the valve is on sealing.
- set the instant pot to pressure cook and timer to 60 minutes.
- allow the instant pot to naturally release before removing the lid.
- using a fork pull apart the pork meat so it resembles pulled pork.
- season to taste.

576 calS 28g P 18g C 41g F