

# Spiced Pork Collar Flatbreads

## **Pork is a source of Zinc**

Serves: 10

Cooking time: 45 minutes

Preparation time: 65 minutes (including 1 hour marinade)

## **Ingredients:**

1.5kg (3lb 5oz) pork collar roasting joint

10 Flatbreads

Rub:

60 ml (4 tbsp) oil

3 garlic cloves, crushed to a paste

75 ml (5 tbsp) tandoori paste

## **Preparation:**

1. Mix all rub ingredients together and evenly coat the pork joint. Cover and refrigerate for about 1 hour.
2. Preheat fan oven to 180°C. Place the pork in a roasting pan and cook for 35-40 minutes per kg.
3. Rest for 10 minutes in a warm oven after cooking.
4. Carve across the grain and serve wrapped in a flat bread with fruit chutney and salad.

## **Nutritional information:**

Typical values per portion

2573 kJ/676kcal

46g protein

66g carbohydrate

Of which sugars 3g

19g fat

Of which saturates 6.5g

5g fibre

1.22mg thiamin

1.5mg vitamin B12

1.23mg iron

3.31mg zinc

1.1g sodium (2.8g salt equivalent)

0 portions of fruit and vegetables per serving

GDA percentage per serving

Energy 34%

Fat 28%  
Saturated fat 33%  
Carbohydrate 29%  
Total sugars 3%  
Protein 101%  
Fibre (NSP) 29%  
Salt 45% (**NB** most of it comes from the bread)