

## **SLOW COOKER CARNITAS LETTUCE WRAPS WITH PINEAPPLE SALSA**

*(slightly adapted from Paleo Planet)*

for the carnitas:

- 1 tablespoon olive oil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon dried oregano
- pinch of cayenne pepper
- 1 bone-in pork shoulder (about 2.5 pounds in weight)
- 1 onion, thickly sliced
- Juice of 2 oranges (reserve the shells)
- 2 tablespoons fresh lemon juice

for the salsa:

- 3/4 cup fresh pineapple chunks (I used diced mango)
- 1 small red onion, chopped
- 1/4 cup chopped cilantro
- 1 tablespoon fresh lemon juice
- 2 avocados, diced
- 1 head of Boston lettuce for serving
- Cashew cream or Mexican crema for garnish (optional)

Make the carnitas: mix the olive oil, cumin, salt, black pepper, oreganos and cayenne in a small bowl. Rub the mixture all over the pork. Place it in the crock pot and top with the onion and citrus juices. Add the orange shells to the slow cooker as well. Cover and cook on low for 8 to 10 hours. The meat should be fall-apart tender.

When you are ready to serve the meat, turn the broiler on and line a baking sheet with aluminum foil, preferably the heavy-duty kind. Remove the pork from the slow cooker, discarding orange halves and onion slices. Shred the meat using two forks into bite-size pieces. Place the meat on the baking sheet, spoon some of the liquid left in the crock pot over the meat, and broil until browned on top and crispy around the edges, about 5 minutes. Adjust seasoning with salt and pepper.

Make the salsa: combine all the ingredients in a small bowl except the avocado pieces and mix well to combine. Gently toss the avocado, taste and adjust seasoning, adding more lemon juice if so desired.

To serve, spoon the meat over leaves of lettuce, top with the salsa, and drizzle with crema or cashew cream.