



Duck Fat Crisped Pork Shoulder with Quick Keto Slaw

Active Time: 10 minutes | Total Time: 10 minutes | Serves: 6

Nutrition Information Per Serving

435 calories, 4.6 g carbohydrate, 2.02 g fiber, 2.58 g NET carbs, 15.59 g protein, 41.74 g fat

Ingredients

- 16 Tbsp(s) Primal Kitchen Mayonnaise
- 1/2 head(s), medium organic cabbage, shredded
- 1/2 tsp(s) sea salt
- 1 Tbsp lemon juice
- 1/4 tsp(s) black pepper
- 2 Tbsp(s) pastured duck fat
- 16 ounce(s) pork shoulder, cooked

Preparation

1. Add the shredded cabbage to a large bowl.
2. In a small bowl, whisk the mayonnaise and lemon juice. Stir in the salt and pepper.
3. Pour the dressing over the salad and toss to coat. Place in the refrigerator to chill.
4. Meanwhile, heat the duck fat over medium heat and add the pre-cooked pork.
5. Cook, turning occasionally to heat through and lightly crisp.
6. Serve the pork with the slaw.

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