MEXICAN · DINNER · LUNCH

Oven Pork Carnitas with Lemon and Spices

245 min · Serves 5 · 668 kcal a serve · Video 8:46 · HK's Keto & Low Carb Recipes

Gluten-free ingredients · Dairy-free · Nut-free

Slow-roasted pork shoulder in its own fat with lemon and spices: a high-protein, near-zero-carb main (about 2 g net carbs a serve) with no added sugar, unlike carnitas made with cola or orange juice.

Diet notes: Keto (2 g net carbs a serve).

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Ingredients 10 · SERVES 5

- [ ] 1.5 kg **boneless pork shoulder** (skin on or off), cut into large even chunks
- [ ] 1 tsp **salt**
- [ ] 1 tsp **freshly cracked black pepper**
- [ ] 1 tsp **ground cumin**
- [ ] 1/2 tsp **five-spice powder**
- [ ] 1/2 tsp **cayenne pepper**
- [ ] 2 **cinnamon** sticks (removed before serving)
- [ ] 2 **bay leaves**, broken (removed before serving)
- [ ] 5 **garlic** cloves, peeled and left whole
- [ ] **Lemon juice**: zest and juice of 1 lemon

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 140°C. Cut the pork shoulder into large chunks of about the same size; leave the skin on or take it off, as you prefer. 1:36
2. Put the pork in a roasting tray with the salt, pepper, cumin, five-spice, cayenne, cinnamon sticks, bay leaves, garlic, lemon zest and lemon juice, and toss until every piece is coated. 2:17
3. Cover the tray tightly with foil and roast for 3½–4 hours, until the meat is very tender. 3:34
4. Lift the pork out with a slotted spoon. Strain the tray juices into a jar and let them settle into a fat layer on top and juices below. Discard the cinnamon and bay leaves. 4:13
5. Return the pork to the tray, spoon some of the fat over it and grill (broil) on high for about 15 minutes, until crusty at the edges. 4:54
6. Pour a little of the juices over, pull the meat apart with two forks and serve. 5:52

> **Tip** Serve in lettuce cups or keto tortillas with guacamole. Keeps 4 days in the fridge and freezes well; crisp leftovers in a hot pan. Orange juice instead of lemon adds sugar.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
668 kcal	53 g	2.5 g	0.5 g	48 g	620 mg
2,790 kJ	106% of a day	2 g net · 0.3 g sugars	2% of a day	18 g saturated	27% of a day
		1% of a day		62% of a day	

Energy from net carbs 1% · protein 33% · fat 66% — fits keto: 2 g net carbs, 66% of the energy from fat

High in (20%+ of a day) Selenium 138% · Zinc 77% · Vitamin B12 75% · Vitamin B6 41%

Source of (10–19%) Iron 19% · Potassium 17% · Vitamin D 17% · Magnesium 11% · Omega-3 10%

Recipe and video: HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=G9GHpwP19cs, published 3 October 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-oven-pork-carnitas-lemon