



Sichuan Roast Pork Belly & Baby Broccoli

with Garlic Rice & Asian Greens

Grab your Meal Kit with this symbol



Slow-Cooked Pork Belly



Garlic



Jasmine Rice



Asian Greens



Baby Broccoli



Spring Onion



Garlic Paste



Sichuan Garlic Paste



Slow-Cooked Pork Belly



Prep in: **15-25 mins**
Ready in: **45-55 mins**

Nothing pairs better with slow-cooked pork belly than a bed of fragrant and fluffy jasmine rice, some high-value greens (baby broccoli, spring onion and Asian greens to be precise) and a gorgeous Sichuan garlic sauce that is slathered over the pork for maximum flavour!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with foil · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
slow-cooked pork belly	1 packet (300g)	1 packet (600g)
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
Asian greens	1 medium bag	2 medium bags
baby broccoli	1 bunch	2 bunches
spring onion	1 stem	2 stems
garlic paste	1 packet	2 packets
Sichuan garlic paste	1 packet	2 packets
slow-cooked pork belly**	1 packet (300g)	1 packet (600g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4533kJ (1083Cal)	939kJ (224Cal)
Protein (g)	36.2g	7.5g
Fat, total (g)	68.2g	14.1g
- saturated (g)	28.8g	6g
Carbohydrate (g)	78g	16.2g
- sugars (g)	11.6g	2.4g
Sodium (mg)	794mg	165mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6939kJ (1658Cal)	1097kJ (262Cal)
Protein (g)	61.1g	9.7g
Fat, total (g)	121.6g	19.2g
- saturated (g)	51.6g	8.2g
Carbohydrate (g)	78.4g	12.4g
- sugars (g)	11.6g	1.8g
Sodium (mg)	879mg	139mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Roast the pork

- Preheat oven to **240°C/220°C fan-forced**.
- Pat **slow-cooked pork belly** dry using a paper towel. Drizzle with **olive oil**, then rub over a good pinch of **salt**.
- Place **pork**, fat-side up, on a foil-lined oven tray. Roast until lightly browned, **20-25 minutes**.
- Turn oven grill to high heat. Grill **pork** until skin is golden and crispy, **15 minutes**.

Custom Recipe: If you've doubled your slow-cooked pork belly, spread over two lined trays if your oven tray is getting crowded.

3



Cook the veggies

- Meanwhile, roughly chop **Asian greens**. Trim and roughly chop **baby broccoli**. Thinly slice **spring onion**.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **baby broccoli**, tossing, until tender, **4-5 minutes**.
- Add **Asian greens** and **garlic paste** and cook until fragrant, **1-2 minutes**. Season with **salt** and **pepper**.

2



Cook the rice

- While the pork is roasting, finely chop **garlic**. In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook **garlic** until fragrant, **1-2 minutes**. Add the **water** and a generous pinch of **salt** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!

4



Serve up

- In a small heatproof bowl, microwave **Sichuan garlic paste** in **10 second** bursts until fragrant.
- Divide garlic rice between plates. Top with garlic veggies and slow-cooked pork belly.
- Drizzle Sichuan garlic paste over pork. Garnish with spring onions to serve. Enjoy!

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