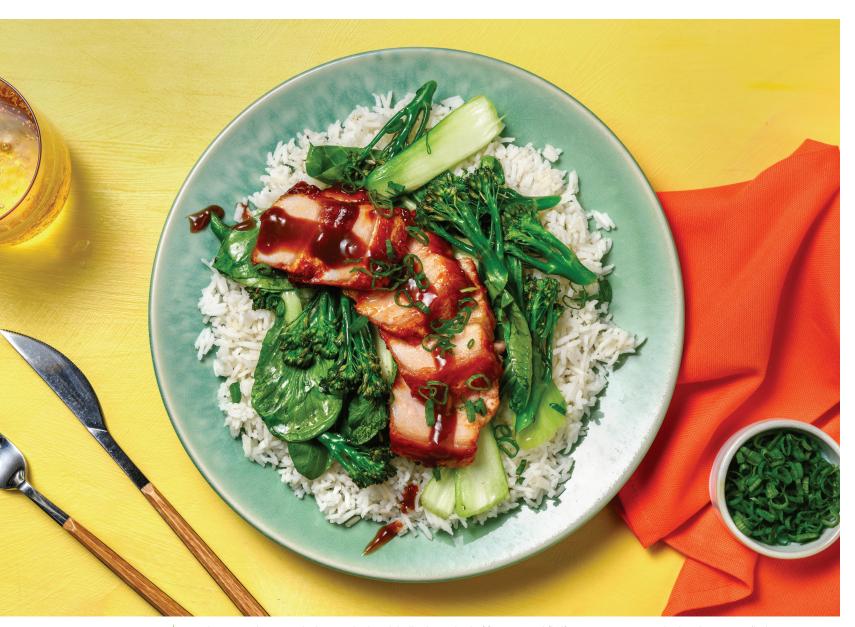


Sichuan Roast Pork Belly & Baby Broccoli

with Garlic Rice & Asian Greens

Grab your Meal Kit with this symbol















Baby Broccoli



Spring Onion

Asian Greens



Garlic Paste



Sichuan Garlio Paste



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 bunch	2 bunches
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





Roast the pork

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

TIP: Keep an eye on the pork when grilling. You want it golden and crispy, but not burnt!

Custom Recipe: If you've doubled your slow-cooked pork belly, prep and cook pork the as above. Spread over two foil-lined oven trays if your tray is crowded!



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.



Cook the garlic rice

- While 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!



Serve up

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



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