



# 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
<b>olive oil*</b>	refer to method	refer to method
slow-cooked pork belly	1 packet (300g)	1 packet (600g)
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
<b>water*</b>	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](https://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!

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1



## 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!

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 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!

4



## 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!

## Rate your recipe

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