



Roast Pork Belly & Apple-Rocket Salad

with Parmesan Mash & Horseradish Sauce

Grab your Meal Kit with this symbol



Slow-Cooked Pork Belly



Aussie Spice Blend



Potato



Shaved Parmesan Cheese



Horseradish Sauce



Carrot



Apple



Spinach, Rocket & Fennel Mix



Mustard Cider Dressing



Flaked Almonds



Slow-Cooked Pork Belly

Prep in: **10-20 mins**
Ready in: **50-60 mins**

1 Eat Me Early

Step aside, as slow-cooked pork belly is here to stay and stay it shall! Seasoned with Aussie spice blend and paired with a cheesy Parmesan mash, you've got a gourmet-level dish that is ready to be devoured!

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

Pantry items

Olive Oil, Butter, Milk

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 baking paper · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
slow-cooked pork belly	1 packet (300g)	1 packet (600g)
Aussie spice blend	1 medium sachet	1 large sachet
potato	2	4
butter* (for the mash)	40g	80g
milk*	2 tbs	¼ cup
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
horseradish sauce	1 medium packet	1 large packet
water*	1 tbs	2 tbs
butter* (for the sauce)	10g	20g
carrot	1	2
apple	1	2
spinach, rocket & fennel mix	1 small bag	1 medium bag
mustard cider dressing	½ packet	1 packet
flaked almonds	1 medium packet	1 large packet
slow-cooked pork belly**	1 packet (300g)	1 packet (600g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4244kJ (1014Cal)	747kJ (179Cal)
Protein (g)	36.8g	6.5g
Fat, total (g)	79.4g	14g
- saturated (g)	32g	5.6g
Carbohydrate (g)	39.1g	6.9g
- sugars (g)	17.9g	3.2g
Sodium (mg)	1008mg	177mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6650kJ (1589Cal)	926kJ (221Cal)
Protein (g)	61.7g	8.6g
Fat, total (g)	132.8g	18.5g
- saturated (g)	54.8g	7.6g
Carbohydrate (g)	39.6g	5.5g
- sugars (g)	17.9g	2.5g
Sodium (mg)	1094mg	152mg

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



Roast the pork belly

- Preheat oven to **240°C/220°C fan-forced**. Using a paper towel, pat **slow-cooked pork belly** until dry. Rub with a generous pinch of **salt**.
- Place **pork** pieces fat-side up on a lined oven tray.
- Roast until lightly browned, **15-20 minutes**.
- Heat grill to high. Remove **pork** from oven and sprinkle over **Aussie spice blend**. Grill **pork** until skin is golden and crispy, **15-25 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 pork belly, spread over two lined oven trays if you tray is getting crowded.



Make the sauce & prep salad

- Just before serving, in a small heatproof bowl, add **horseradish sauce**, the **water** and the **butter (for the sauce)**. Microwave in **10 second** bursts, stirring, until melted and combined.
- Grate **carrot**.
- Thinly slice **apple**.



Make the Parmesan mash

- While the pork is roasting, boil the kettle. Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to pan.
- Add the **butter (for the mash)**, the **milk** and **shaved Parmesan cheese** to potato. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Toss the salad & serve up

- In a large bowl, combine **spinach, rocket & fennel mix**, carrot, apple and **mustard cider dressing (see ingredients)**. Season.
- Divide Parmesan mash, apple-rocket salad and pork belly between plates.
- Sprinkle over **flaked almonds**. Serve with horseradish sauce. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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