



Sichuan Roast Pork Belly & Broccoli

with Garlic Rice & Asian Greens

CUSTOMER FAVOURITE

EXPLORER

Grab your Meal Kit with this symbol



Slow-Cooked Pork Belly



Garlic



Jasmine Rice



Asian Greens



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 (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 baking paper · 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 small packet	2 small packets OR 1 large packet
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
Asian greens	1 bag	2 bags
broccoli	1	2
spring onion	1 stem	2 stems
garlic paste	1 packet	2 packets
Sichuan garlic paste	1 packet	2 packets
slow-cooked pork belly**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4568kJ (1092Cal)	883kJ (211Cal)
Protein (g)	39.2g	7.6g
Fat, total (g)	68.2g	13.2g
- saturated (g)	28.8g	5.6g
Carbohydrate (g)	76.7g	14.8g
- sugars (g)	11g	2.1g
Sodium (mg)	807mg	156mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6974kJ (1667Cal)	1045kJ (250Cal)
Protein (g)	64.1g	9.6g
Fat, total (g)	121.6g	18.2g
- saturated (g)	51.6g	7.7g
Carbohydrate (g)	77.1g	11.6g
- sugars (g)	11g	1.6g
Sodium (mg)	892mg	134mg

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.

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Roast the pork

- Boil the kettle. Preheat oven to **240°C/220°C fan-forced**. Place **slow-cooked pork belly** in a large bowl and cover with boiling water. Using tongs, remove **pork** carefully and pat dry using paper towel (this step helps the crackling get crispy!).
- Using a sharp knife, score the skin in 1cm intervals, without cutting into the flesh. Rub all over with a generous pinch of **salt**. Place **pork pieces**, skin-side down, on a lined oven tray. Roast until lightly browned, **15-20 minutes**.
- Heat grill to high. Flip **pork** skin-side up. Grill **pork** until skin is golden and crispy (watch the pork when grilling, it can burn fast!), **15-25 minutes**.

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



Cook the veggies

- Meanwhile, roughly chop **Asian greens**. Cut **broccoli** (including the stem!) into small florets. Thinly slice **spring onion**.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **broccoli**, tossing, until tender, **4-5 minutes**.
- Add **Asian greens** and **garlic paste** and cook until wilted and fragrant, **1-2 minutes**. Season with **salt** and **pepper**.



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, **12 minutes**.

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



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 pork belly.
- Drizzle Sichuan garlic paste over pork. Garnish with spring onion to serve. Enjoy!

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