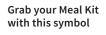


Sichuan Roast Pork Belly & Broccoli

with Garlic Rice & Asian Greens

CUSTOMER FAVOURITE

EXPLORER







Pork Belly



Jasmine Rice





Asian Greens





Spring Onion



Garlic Paste



Sichuan Garlic Paste





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!

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 \cdot Medium saucepan with a lid \cdot Large frying pan

Ingredients

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	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.

We're here to help!

Scan here if you have any questions or concerns





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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