

READY TO COOK









Slow-Cooked Pork Belly





Shredded Cabbage

Baby Spinach Leaves





Mayonnaise

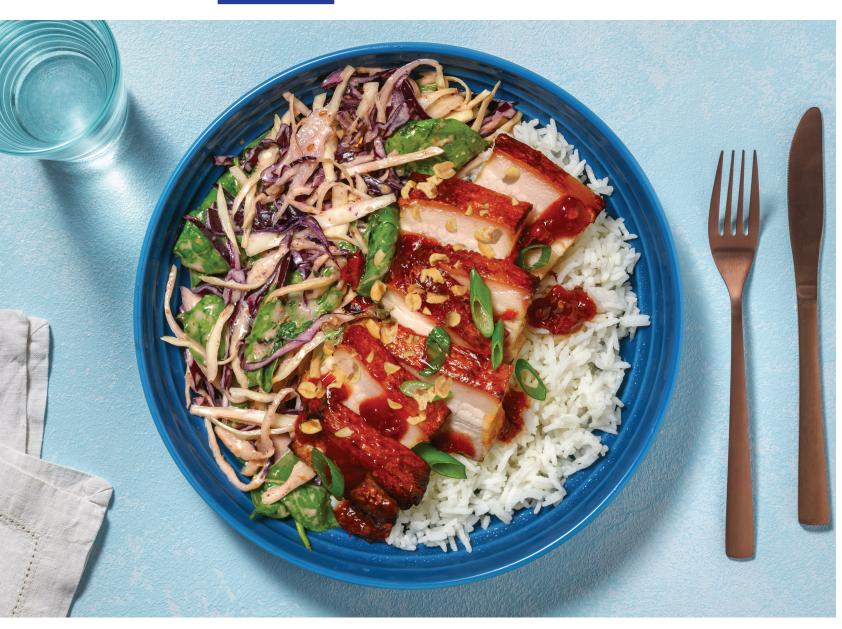
**Spring Onion** 



Sichuan Garlic



Crushed Peanuts



Prep in: 15-25 mins Ready in: 45-55 mins **Pantry items** Olive Oil, Butter, Soy Sauce

# 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  $\cdot$  Large frying pan

# Ingredients

3			
	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	
microwavable basmati rice	1 packet	2 packets	
butter*	20g	40g	
shredded cabbage mix	1 medium bag	1 large bag	
baby spinach leaves	1 small bag	1 medium bag	
mayonnaise	1 packet (40g)	1 packet (80g)	
soy sauce*	1 tsp	2 tsp	
spring onion	1 stem	2 stems	
Sichuan garlic paste	1 packet	2 packets	
crushed peanuts	1 medium packet	1 large packet	
* D			

<sup>\*</sup>Pantry Items

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4791kJ (1145Cal)	1036kJ (248Cal)
Protein (g)	35.8g	7.7g
Fat, total (g)	86.7g	18.7g
- saturated (g)	30.8g	6.7g
Carbohydrate (g)	55.8g	12.1g
- sugars (g)	14.9g	3.2g
Sodium (mg)	1140mg	246mg

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.



# 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 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 crackling (golden and crispy), 15-25 minutes.

TIP: Keep an eye on the pork when grilling, it can burn fast!



# Microwave the rice

- When the pork has 5 minutes remaining, microwave basmati rice until steaming,
   2-3 minutes.
- · Stir through the butter and season.



# Make the slaw & serve up

- Combine shredded cabbage mix, baby spinach leaves, mayonnaise and the soy sauce in a medium bowl. Season to taste.
- Thinly slice spring onion.
- Divide creamy soy-mayo slaw and butter rice between plates. Top rice with slow-cooked pork belly. Drizzle Sichuan garlic paste over pork.
- Garnish with spring onion and **crushed peanuts** to serve. Enjoy!

Scan here if you have any questions or concerns

