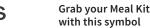


# Oven-Ready Pork Belly & Mediterranean Veggies

with Dill & Parsley Mayo

READY TO COOK









Potato, Carrot & Zucchini Mix

Seasoning



Slow-Cooked Pork Belly

**Baby Spinach** Leaves



Dill & Parsley Mayonnaise



Prep in: 10-20 mins Ready in: 40-50 mins

# 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

Two oven trays lined with baking paper  $\cdot$  Large frying pan

## Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato, carrot & zucchini mix	1 medium bag	1 large bag	
Mediterranean seasoning	1 sachet	2 sachets	
slow-cooked pork belly	1 small packet	2 small packets OR 1 large packet	
baby spinach leaves	1 medium bag	1 large bag	
vinegar* (white wine or balsamic)	drizzle	drizzle	
dill & parsley mayonnaise	1 medium packet	1 large packet	

#### \*Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3702kJ (885Cal)	628kJ (150Cal)
Protein (g)	33.3g	5.7g
Fat, total (g)	70.2g	11.9g
- saturated (g)	24g	4.1g
Carbohydrate (g)	30g	5.1g
- sugars (g)	10.7g	1.8g
Sodium (mg)	1032mg	175mg

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 veggies

- Boil the kettle. Preheat oven to 240°C/220°C fan-forced.
- Place potato, carrot & zucchini mix on a lined oven tray.
- Sprinkle with Mediterranean seasoning, drizzle with olive oil and season with salt.
   Toss to coat.
- Roast **veggies** until tender, **25-30 minutes**. Once veggies are cooked, remove tray from oven and set aside to cool slightly.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.



# Roast the pork belly

- 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!



## Serve up

- To the tray with the roasted veggies, add baby spinach leaves and a drizzle of the vinegar. Toss to combine. Season to taste.
- Slice pork belly. Divide pork and roast veggie toss between plates.
- Serve with dill & parsley mayonnaise. Enjoy!

Scan here if you have any questions or concerns



