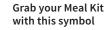


# Sichuan Roast Pork Belly & Asian Greens

with Garlic Rice & Green Beans

EXPLORER







Pork Belly





Jasmine Rice



Asian Greens





Green Beans



Garlic Paste



Paste



Slow-Cooked Pork Belly

Recipe Update We've replaced the broccoli in this recipe with green beans due to local ingredient availability. It'll be just as delicious, just follow your

recipe card!



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 (green beans, 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

|  | 2 People        | 4 People                             |  |
|--|-----------------|--------------------------------------|--|
| olive oil*                               | refer to method | refer to method                      |  |
| slow-cooked<br>pork belly                | 1 small packet  | 2 small packets<br>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                               |  |
| green beans                              | 1 small bag     | 1 medium bag                         |  |
| spring onion                             | 1 stem          | 2 stems                              |  |
| garlic paste                             | 1 packet        | 2 packets                            |  |
| Sichuan garlic paste                     | 1 packet        | 2 packets                            |  |
| slow-cooked<br>pork belly**              | 1 small packet  | 2 small packets<br>OR 1 large packet |  |
| *Pantry Items **Custom Recipe Ingredient |                 |                                      |  |

## **Nutrition**

| Avg Qty          | Per Serving      | Per 100g       |
|------------------|------------------|----------------|
| Energy (kJ)      | 4618kJ (1104Cal) | 814kJ (195Cal) |
| Protein (g)      | 41.6g            | 7.3g           |
| Fat, total (g)   | 68.3g            | 12g            |
| - saturated (g)  | 28.8g            | 5.1g           |
| Carbohydrate (g) | 76.9g            | 13.6g          |
| - sugars (g)     | 11.2g            | 2g             |
| Sodium (mg)      | 818mg            | 144mg          |

#### **Custom Recipe**

| Avg Qty          | Per Serving      | Per 100g       |
|------------------|------------------|----------------|
| Energy (kJ)      | 7024kJ (1679Cal) | 979kJ (234Cal) |
| Protein (g)      | 66.5g            | 9.3g           |
| Fat, total (g)   | 121.7g           | 17g            |
| - saturated (g)  | 51.6g            | 7.2g           |
| Carbohydrate (g) | 77.3g            | 10.8g          |
| - sugars (g)     | 11.2g            | 1.6g           |
| Sodium (mg)      | 903mg            | 126mg          |

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. Trim and halve green beans. Thinly slice spring onion.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook green beans, 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!

#### Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

