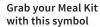


# Oyster Sauce Glazed Slow-Cooked Pork Belly

with Garlic Rice & Veggies

NEW









Slow-Cooked Pork Belly



Jasmine Rice

Sweetcorn

Broccoli

**Oyster Sauce** 



Chilli Flakes (Optional)

Recipe Update

We've replaced the broccoli & carrot mix in this recipe with broccoli

due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 15-25 mins Ready in: 35-45 mins

By now, our loyal HF customers would know how much we love our slow-cooked pork belly. Tonight, it is back on the menu with our lovely oyster sauce for an ultimate umami flavour, that pairs perfectly with veggies and rice.

**Pantry items** Olive Oil, Butter, Brown Sugar

## 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 pork belly	1 small packet	2 small packets OR 1 large packet	
garlic	3 cloves	6 cloves	
butter*	20g	40g	
water*	1¼ cups	2½ cups	
jasmine rice	1 medium packet	1 large packet	
sweetcorn	1 small tin	1 large tin	
broccoli	1 head	2 heads	
oyster sauce	1 packet	2 packets	
brown sugar*	1 tbs	2 tbs	
chilli flakes (optional) 🌶	pinch	pinch	
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)	4615kJ (1103Cal)	1027kJ (245Cal)
Protein (g)	35.4g	7.9g
Fat, total (g)	66.3g	14.8g
- saturated (g)	29.8g	6.6g
Carbohydrate (g)	89.8g	20g
- sugars (g)	21.8g	4.9g
Sodium (mg)	1340mg	298mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	7021kJ (1678Cal)	1171kJ (280Cal)
Protein (g)	60.3g	10.1g
Fat, total (g)	119.7g	20g
- saturated (g)	52.6g	8.8g
Carbohydrate (g)	90.2g	15g
- sugars (g)	22g	3.7g
Sodium (mg)	1425mg	238mg

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 belly

- Boil the kettle. Preheat oven to 240°C/220°C fan-forced.
- Place slow-cooked pork belly in a large heatproof bowl and cover with boiling water. Using tongs, remove pork carefully and pat dry using paper towel (this 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, 15-25 minutes.

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



## Cook the veggies

- When rice has 10 minutes remaining, drain sweetcorn. Cut broccoli into small florets (including the stem!).
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook broccoli and corn, tossing, until tender, 6-7 minutes.
- Add remaining garlic and cook until fragrant, 1 minute. Season to taste.
- While veggies are cooking, in a small heatproof bowl, combine oyster sauce, the brown sugar and a splash of water. Microwave until heated through, 30 seconds.



## Cook the rice

- Meanwhile, finely chop garlic.
- In a medium saucepan, heat the butter with a dash of olive oil over medium heat.
- Cook half the 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 the heat and keep covered until rice is tender and all the water is absorbed, **10-15 minutes**.

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



## Serve up

- · Slice pork belly.
- · Divide garlic rice and veggies between bowls.
- Top rice with roast pork belly. Spoon over oyster sauce mixture.
- Sprinkle with a pinch of **chilli flakes** (if using) to serve. Enjoy!

#### Rate your recipe

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