



# Roast Pork Belly & Jerk Fries

with Charred Pineapple Salad

NEW



Grab your Meal Kit with this symbol



Potato Fries



Mild Caribbean Jerk Seasoning



Slow-Cooked Pork Belly



Pineapple Slices



Cucumber



Mixed Salad Leaves



Coconut Sweet Chilli Mayonnaise



Slow-Cooked Pork Belly

Prep in: 15-25 mins  
Ready in: 45-55 mins

Succulent pork belly is the best way to add a bit of flare to your weeknight meal. Serve it with a side of jerk fries and a charred pineapple salad. Delish!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, White Wine Vinegar

## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato fries	1 medium bag	1 large bag
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
slow-cooked pork belly	1 small packet	2 small packets OR 1 large packet
pineapple slices	1 tin	2 tins
cucumber	1	2
mixed salad leaves	1 small bag	1 medium bag
<b>white wine vinegar*</b>	drizzle	drizzle
coconut sweet chilli mayonnaise (50g)	1 packet	1 packet (100g)
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)	3901kJ (932Cal)	691kJ (165Cal)
Protein (g)	31.5g	5.6g
Fat, total (g)	69.7g	12.3g
- saturated (g)	24.2g	4.3g
Carbohydrate (g)	45.9g	8.1g
- sugars (g)	17.3g	3.1g
Sodium (mg)	855mg	151mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6307kJ (1507Cal)	883kJ (211Cal)
Protein (g)	56.4g	7.9g
Fat, total (g)	123.1g	17.2g
- saturated (g)	47g	6.6g
Carbohydrate (g)	46.4g	6.5g
- sugars (g)	17.5g	2.4g
Sodium (mg)	941mg	132mg

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](https://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



1



## Bake the fries

- Boil the kettle. Preheat oven to **240°C/220°C fan-forced**.
- Place **potato fries** on a lined oven tray.
- Drizzle with **olive oil**, sprinkle with **mild Caribbean Jerk seasoning** and toss to coat.
- Bake until tender, **20-25 minutes**.

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

3



## Char the pineapple & make salad

- When pork has **5 minutes** remaining, drain **pineapple slices**.
- Roughly chop **cucumber**.
- Heat a large frying pan over high heat. Cook **pineapple slices** until lightly charred, **2-3 minutes** each side.
- Transfer **pineapple** to a chopping board then roughly chop.
- In a second large bowl, combine **cucumber, pineapple, mixed salad leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

2



## Roast the pork

- Meanwhile, 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 second lined oven tray. Roast until lightly browned, **15-20 minutes**.
- When the fries are done, flip **pork** skin-side up. Heat grill to high. Grill **pork** until skin is golden and crispy, **15-25 minutes**.

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

**Custom Recipe:** If you've doubled your slow-cooked pork belly, prepare and cook pork belly, as above.

4



## Serve up

- Slice pork.
- Divide roast pork belly, jerk fries and charred pineapple salad between plates.
- Serve with **coconut sweet chilli mayonnaise**. Enjoy!

## Rate your recipe

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