



# Sticky American-Style BBQ Pork Belly

with Cheesy Fries & Ranch Salad

TASTE TOURS

Grab your meal kit  
with this number

32



Potato



Cheddar Cheese



Slow-Cooked  
Pork Belly



Cucumber



Apple



Celery



Garlic



All-American  
Spice Blend



Sweet & Savoury  
Glaze



Mixed Salad  
Leaves



Ranch Dressing



Flaked Almonds

Prep in: 25-35 mins  
Ready in: 40-50 mins

We've been tirelessly perfecting our slow-cooked pork belly and we think we've found the perfect combination. Sticky sweet and savoury glaze pairs perfectly with crispy pork belly and works wonders with cheesy fries and ranch salad.

### Pantry items

Olive Oil

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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 · Medium frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
Cheddar cheese	1 medium packet	1 large packet
slow-cooked pork belly	1 medium packet	2 medium packets OR 1 large packet
cucumber	1	2
apple	1	2
celery	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
All-American spice blend	1 medium sachet	1 large sachet
sweet & savoury glaze	1 medium packet	1 large packet
mixed salad leaves	1 medium packet	1 large packet
ranch dressing	2 packets	4 packets
flaked almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4551kJ (1087Cal)	687kJ (164Cal)
Protein (g)	43g	6.5g
Fat, total (g)	80.7g	12.2g
- saturated (g)	31.9g	4.8g
Carbohydrate (g)	45.7g	6.9g
- sugars (g)	23.7g	3.6g
Sodium (mg)	1107mg	167mg
Dietary Fibre (g)	18.8g	2.8g

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.



## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Boil the kettle.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake, until slightly golden, **20-25 minutes**.
- In the last **5 minutes**, remove tray from oven. Sprinkle **Cheddar cheese** over fries and bake until golden and crispy.

**TIP:** If your oven tray is crowded, divide the fries 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 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 fries are done, flip **pork** skin-side up. Heat grill to high. Grill **pork** until skin is golden and crispy, **10-25 minutes**.

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



## Get prepped

- While pork is roasting, roughly chop **cucumber**.
- Thinly slice **apple** and **celery**.
- Finely chop **garlic**.



## Make the sauce

- When pork has **5 minutes** remaining, in a medium frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **garlic** and **All-American spice blend** until fragrant, **1 minute**.
- Add **sweet & savoury glaze** and cook, stirring until combined, **1 minute**.



## Assemble the salad

- In a medium bowl add **mixed salad leaves**, **cucumber**, **apple**, **celery** and **ranch dressing**.
- Toss to coat and season to taste with **salt** and **pepper**.



## Serve up

- Slice pork belly.
- Divide pork belly, ranch salad and cheesy fries between plates.
- Pour sticky American-style BBQ sauce over pork belly.
- Sprinkle **flaked almonds** over ranch salad to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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