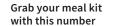


Bavarian Crispy Pork Belly & Braised Cabbage

with Apple-Thyme Sauce, Creamy Mash & Gravy

TASTE TOURS









Potato

Slow-Cooked Pork Belly



Leek





Thyme





Chicken-Style



Cabbage

Stock Powder



Gravy Granules



Parsley



Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting 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

Oven tray lined with baking paper \cdot Large saucepan \cdot Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
slow-cooked pork belly	1 packet	2 packets	
potato	2	4	
butter*	40g	80g	
milk*	2 tbs	1/4 cup	
leek	1	2	
apple	1	2	
thyme	1 packet	1 packet	
onion chutney	1 medium packet	1 large packet	
water*	½ cup	1 cup	
chicken-style stock powder	1 medium sachet	1 large sachet	
shredded red cabbage	1 medium packet	1 large packet	
balsamic vinegar*	1 tbs	2 tbs	
brown sugar*	1 tsp	2 tsp	
gravy granules	1 sachet	2 sachets	
boiling water*	½ cup	1 cup	
parsley	1 packet	1 packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5830kJ (1393Cal)	905kJ (216Cal)
Protein (g)	25.9g	4g
Fat, total (g)	30.9g	4.8g
- saturated (g)	11.8g	1.8g
Carbohydrate (g)	59.6g	9.3g
- sugars (g)	36.1g	5.6g
Sodium (mg)	13862mg	2152mg
Dietary Fibre (g)	8.7g	1.4g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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 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.
- Flip pork skin-side up. Heat the 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!



Cook the veggies

- Wipe out the frying pan, then return to medium-high heat with a drizzle of olive oil.
 Cook leek and shredded red cabbage, stirring, until softened, 2-3 minutes.
- Add the balsamic vinegar, brown sugar and a splash of water. Cook, stirring occasionally, until softened, 4-5 minutes. Season to taste.



Make the mash

- Meanwhile, half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel potato and cut into large chunks.
- Cook potato in the boiling water, over high heat, until easily pierced with a fork, 12-15 minutes.
 Drain and return to the pan.
- Add the butter and milk to potato and season with salt. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Get prepped

- Thinly slice **leek**. Finely chop **apple**. Pick and finely chop **thyme leaves**.
- Heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook apple, tossing occasionally, until browned, 3-5 minutes.
- Reduce heat to medium, then add onion chutney, thyme, the water and chicken-style stock powder. Stir to combine and simmer until slightly reduced, 2-3 minutes. Season to taste.
- Transfer to a bowl and cover to keep warm.



Make the gravy

- · Meanwhile, reboil the kettle.
- In a medium heatproof bowl, combine gravy granules and the boiling water (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, 1 minute.



Serve up

- Slice pork belly.
- Divide Bavarian crispy pork belly, braised red cabbage and creamy mash between plates.
- Serve with apple thyme sauce and gravy. Tear over parsley. Enjoy!

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