



# Bavarian Crispy Pork Belly & Braised Cabbage

with Apple-Thyme Sauce, Creamy Mash & Gravy

TASTE TOURS

Grab your meal kit  
with this number

16



Slow-Cooked  
Pork Belly



Potato



Leek



Apple



Thyme



Onion Chutney



Chicken-Style  
Stock Powder



Shredded Red  
Cabbage



Gravy Granules



Parsley

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

Crispy pork belly is a staple in any Bavarian cafe and we're ready to be transported! This almighty protein is best enjoyed with an array of classic sides, including creamy potato mash, tangy braised cabbage and a sweet apple and thyme sauce. Dig in!

### Pantry items

Olive Oil, Butter, Milk, Balsamic Vinegar, Brown Sugar

## 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 · Large saucepan with lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
slow-cooked pork belly	1 packet	2 packets
potato	2	4
<b>butter*</b>	40g	80g
<b>milk*</b>	2 tbs	¼ cup
leek	1	2
apple	1	2
thyme	1 packet	1 packet
onion chutney	1 medium packet	1 large packet
<b>water*</b>	½ cup	1 cup
chicken-style stock powder	1 medium sachet	1 large sachet
shredded red cabbage	1 medium packet	2 medium packets
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
gravy granules	1 sachet	2 sachets
<b>boiling water*</b>	½ cup	1 cup
parsley	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5832kJ (1394cal)	545kJ (130cal)
Protein (g)	25.9g	2.4g
Fat, total (g)	30.9g	2.9g
- saturated (g)	11.8g	1.1g
Carbohydrate (g)	59.6g	5.6g
- sugars (g)	36.1g	3.4g
Sodium (mg)	13862mg	1295.5mg
Dietary Fibre (g)	8.7g	0.8g

The quantities provided above are averages only.

## Allergens

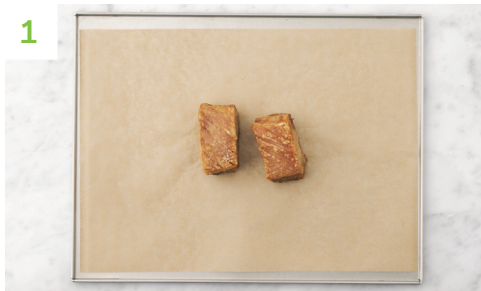
Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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!

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2024 | CW43



## 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 grill to high. Grill **pork** until skin is golden and crispy, **15-25 minutes**.



## Cook the veggies

- Wipe out 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, then cover to keep warm.

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



## 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**.



## Get prepped

- Meanwhile, 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.



## Serve up

- Slice pork belly.
- Divide Bavarian crispy pork belly, braised cabbage and creamy mash between plates.
- Top with apple-thyme sauce and gravy, then tear over **parsley** to serve. Enjoy!

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