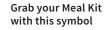


British-Style Roast Pork Belly with Kale Mash, Lemony Veggies & Creamy Herb Sauce









Lemon

Roasted Almonds





Cavolo Nero



Herbs

Spring Onion





Cream

Potato

Slow-Cooked Pork Belly

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Oh the pork belly, a heart-warming meat that seeps luxurious flavour. A herby sauce, creamy and zesty, poured over the top really makes your mouth water. It also goes nicely with a mashed potato, stirred through with kale for a burst of taste and a side of lemony veggies.

Pantry items Olive Oil, Butter, Milk

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with foil · Medium saucepan · Large frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
slow-cooked pork belly	1 packet	1 packet	
carrot	1	2	
broccoli	½ head	1 head	
lemon	1/2	1	
roasted almonds	1 packet	2 packets	
cavolo nero kale	1 bunch	1 bunch	
garlic	2 cloves	4 cloves	
herbs	1 bag (5g)	1 bag (10g)	
spring onion	1 stem	2 stems	
potato	2	4	
butter*	40g	80g	
milk*	2 tbs	¼ cup	
cream	½ bottle (125ml)	1 bottle (250ml)	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4381kJ (1047Cal)	659kJ (158Cal)
Protein (g)	45.2g	6.8g
Fat, total (g)	76.1g	11.5g
- saturated (g)	36.1g	5.4g
Carbohydrate (g)	44.8g	6.7g
- sugars (g)	19.5g	2.9g
Sodium (mg)	294mg	44mg

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.



Grill the pork

- Preheat grill to high. Using paper towel, pat dry slow-cooked pork belly and wipe to remove any excess fat.
- Lightly score pork fat in a 1cm criss-cross pattern. Add a generous pinch of salt and rub over.
- Place pork, fat-side up, on a foil-lined oven tray.
 Grill on top oven rack until fat is golden and crispy, 35-40 minutes. Set aside to rest for 10 minutes.

TIP: Keep an eye on your pork. You want it golden and crispy, but not burnt!



Get prepped

- While the pork belly is grilling, bring a medium saucepan of salted water to the boil.
- Thinly slice carrot into half-moons. Cut broccoli (see ingredients) into small florets, then roughly chop stalk. Zest lemon to get a pinch and slice into wedges.
- Roughly chop roasted almonds. Roughly chop cavolo nero kale, discarding any larger pieces of stalk. Finely chop garlic. Thinly slice herbs and spring onion. Peel potato and cut into large chunks.



Make the mash

- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- In the last 5 minutes of cook time, add kale to potato and cook until wilted. Drain and return to pan.
- Add spring onion, lemon zest, the butter and milk to potato and season generously with salt.
- Mash until smooth. Transfer to serving bowl and cover to keep warm.

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



Cook the veggies

- While the potato is cooking, heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook carrot and broccoli until tender, 6-7 minutes.
- Remove pan from heat, then add a squeeze of lemon juice. Season to taste. Transfer to a bowl and cover to keep warm.



Make the sauce

- While the pork is resting, return frying pan to low heat with a drizzle of olive oil. Cook garlic and herbs until fragrant, 1 minute.
- Add cream (see ingredients), a squeeze of lemon juice and a splash of water and cook until slightly reduced, 1-2 minutes. Season with salt and pepper.



Serve up

- Slice British-style roast pork belly.
- Help yourself to some pork belly, kale mash, lemony veggies.
- Pour creamy herb sauce over pork and sprinkle roasted almonds over greens. Serve with any remaining lemon wedges. Enjoy!

