

British-Style Roast Pork Belly

with Kale Mash, Lemony Veggies & Creamy Herb Sauce

Grab your Meal Kit with this symbol



Carrot



Broccoli



Lemon



Roasted Almonds



Cavolo Nero Kale



Garlic



Herbs



Spring Onion



Potato



Cream



Slow-Cooked Pork Belly

Recipe Update

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!

Prep in: **30-40 mins**
Ready in: **40-50 mins**

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

	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	½	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!



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.



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 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**.



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!



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!

We're here to help!

Scan here if you have any questions or concerns

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