

Pork Belly & Caramelised Apple Sauce

with Smoked Cheddar Mash & Nutty Mustard Greens

Grab your Meal Kit with this symbol



Slow-Cooked Pork Belly



Potato



Smoked Cheddar Cheese



Herbs



Apple



Green Beans



Baby Broccoli



Garlic



Walnuts



Crushed Macadamias



Dijon Mustard



Onion Chutney



Chicken-Style Stock Powder

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: 35-45 mins
Ready in: 50-60 mins

There's nothing more comforting than food with a twist of nostalgia and this recipe is one of those classics, that so many of us grew up with. Pork, with a tangy apple sauce, is the perfect comfort food. With a rich dessert of double chocolate brownies, don't hesitate to gather the family around the dinner table and dig in!

Pantry items

Olive Oil, Milk, Butter

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
slow-cooked pork belly	1 packet	1 packet
potato	2	4
milk*	2 tbs	¼ cup
smoked Cheddar cheese	1 medium packet	2 medium packets
butter*	40g	80g
herbs	1 bag	1 bag
apple	1	2
green beans	1 bag (200g)	1 bag (400g)
baby broccoli	1 bag	1 bag
garlic	2 cloves	4 cloves
walnuts	1 packet	2 packets
crushed macadamias	1 packet	2 packets
Dijon mustard	½ packet (7.5g)	1 packet (15g)
onion chutney	1 large packet	2 large packets
water*	½ cup	1 cup
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3225kJ (771Cal)	548kJ (131Cal)
Protein (g)	45.7g	7.8g
Fat, total (g)	46.1g	7.8g
- saturated (g)	25.6g	4.4g
Carbohydrate (g)	41.9g	7.1g
- sugars (g)	19.4g	3.3g
Sodium (mg)	777mg	132mg

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

Preheat the 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 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 greens

When the pork has **10 minutes** cook time remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **green beans, baby broccoli, walnuts** and **crushed macadamias**, tossing, until greens are tender, **4-5 minutes**. Add **garlic** and cook until fragrant, **1 minute**. Add **Dijon mustard** (see ingredients), toss to combine and season to taste. Transfer to a bowl and cover to keep warm.



Make the Cheddar mash

While the pork is grilling, bring a medium saucepan of salted water to the boil. Peel **potato**, then cut into large chunks. Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return **potato** to the pan. Add the **milk, smoked Cheddar cheese** and 1/2 the **butter**, then mash until smooth. Season to taste. Cover to keep warm.

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



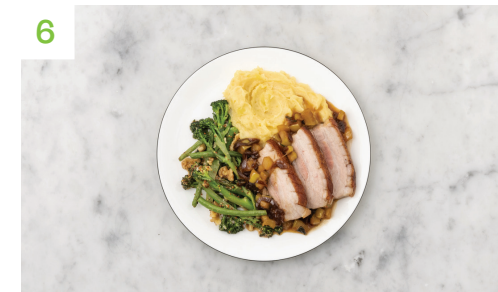
Make the apple sauce

Wipe out the frying pan, then return to medium-high heat with the remaining **butter** and a drizzle of **olive oil**. Cook **apple** and **herbs**, tossing occasionally, until browned, **4-6 minutes**. Add **onion chutney**, the **water** and **chicken-style stock powder**. Stir to combine and simmer until slightly reduced, **2-3 minutes**. Season to taste.



Get prepped

While the potato is cooking, roughly chop **herbs**. Cut **apple** into small chunks. Trim **green beans**. Cut **baby broccoli** lengthways. Finely chop **garlic**.



Serve up

Slice pork belly. Divide smoked Cheddar mash, pork belly and nutty mustard greens between plates. Top pork with caramelised apple sauce to serve.

Enjoy!