

# Roasted Pork Belly & Fresh Salsa Verde

with Feta Pumpkin & Garlicky Greens

GOURMET

Grab your Meal Kit with this symbol



Garlic & Herb Seasoning



Garlic



Parsley



Coriander



Green Beans



Baby Broccoli



Lemon



Chilli Flakes (Optional)



Roasted Almonds



Peeled Pumpkin Pieces



Slow-Cooked Pork Belly



Cow's Milk Feta



## Recipe Update

The recent weather conditions across New Zealand have 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: 50-60 mins

Slow-cooked then roasted, this pork belly won't disappoint when it's sliced and served warm alongside a helping of vibrant roast pumpkin decorated with creamy feta. A tender punch of fragrance is injected into pan-fried veggies because nothing on this plate is overlooked. Every part of tonight's dinner is a winner.

### Pantry items

Olive Oil

## Before you start

wash your hands and any fresh food

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 · Oven tray lined with foil · Medium frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
peeled pumpkin pieces	1 packet (400g)	1 packet (800g)
garlic & herb seasoning	1 sachet	1 sachet
slow-cooked pork belly	1 packet	1 packet
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
coriander	1 bag	1 bag
green beans	1 bag (100g)	1 bag (200g)
baby broccoli	1 bag	1 bag
lemon	½	1
chilli flakes (optional)	1 pinch	1 pinch
roasted almonds	1 packet	2 packets
cow's milk feta	¼ packet (47.5g)	½ packet (95g)

\*Pantry Items

## Nutrition

Avq Qty	Per Serving	Per 100g
Energy (kJ)	3262kJ (780Cal)	533kJ (127Cal)
Protein (g)	52.8g	8.6g
Fat, total (g)	50.8g	8.3g
- saturated (g)	21.8g	3.6g
Carbohydrate (g)	22.3g	3.6g
- sugars (g)	13.9g	2.3g
Sodium (mg)	1661mg	271mg

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.

## Fancy a drop?

We recommend pairing this meal with Dry Riesling or Grüner Veltliner.

1



## Roast the pumpkin

- Preheat oven to **240°C/220°C fan-forced**.
- Place **peeled pumpkin pieces** on a lined oven tray.
- Sprinkle over **garlic & herb seasoning**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast on the bottom oven rack until tender, **20-25 minutes**. Transfer to a bowl and cover to keep warm.

2



## Roast the pork

- While the pumpkin is roasting, pat dry **slow-cooked pork belly** with paper towel and wipe to remove any excess fat.
- Lightly score **pork fat** in a 1cm criss-cross pattern. Rub over a generous pinch of **salt**, then cut **pork** in half.
- Place **pork**, fat-side up, on a foil-lined oven tray. Roast **pork** for **20-25 minutes** on the top oven rack, then turn grill to high. Grill **pork** until fat is golden and crispy, **15-20 minutes**.
- Set aside to rest for **10 minutes**.

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

3



## Get prepped

- While the pork is roasting, finely chop **garlic**, **parsley** and **coriander**.
- Trim **green beans**. Halve any thick **baby broccoli** stalks lengthways.
- Zest **lemon** to get a pinch, then slice into wedges.

4



## Make the salsa verde

- In a small bowl, combine **coriander**, **parsley**, a pinch of **chilli flakes** (if using), **lemon zest**, a good squeeze of **lemon juice**, a pinch of **salt** and **olive oil** (2 tbs for 2 people / 1/4 cup for 4 people). Set aside.

5



## Cook the greens

- When the pork has **10 minutes** remaining, heat a medium frying pan with drizzle of **olive oil** over medium-high heat. Cook **green beans** and **baby broccoli** and until tender, **5-6 minutes**.
- Add **garlic** and cook until fragrant, **1-2 minutes**. Season and toss to combine.

6



## Serve up

- Slice the pork. Roughly chop **roasted almonds**.
- Divide pumpkin, roasted pork and garlicky greens between plates.
- Crumble **feta** (see ingredients) over the pumpkin and spoon fresh salsa verde over pork.
- Garnish with almonds to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



## Rate your recipe

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