



# Grilled Pork Belly & Plum Balsamic Sauce

with Roast Pumpkin & Almond-Rosemary Crumb

GOURMET

Grab your Meal Kit with this symbol



Slow-Cooked Pork Belly



Peeled Pumpkin Pieces



Baby Broccoli



Baby Spinach Leaves



Roasted Almonds



Lemon



Rosemary



Balsamic Glaze



Plum Sauce

Prep in: 20-30 mins  
Ready in: 50-60 mins

Pork, greens and veggies, what a classic, but we bet you've never had it this way! A plum sauce combined with balsamic vinegar is a great contrast to the succulent roasted pork belly. Sprinkle over the almond and rosemary crumb for an element of nutty fragrance to tie everything up with a very scrumptious bow.

### Pantry items

Olive Oil, Butter

## 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 foil · Oven tray lined with baking paper · 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
peeled pumpkin pieces	1 medium packet	1 large packet
baby broccoli	1 medium bunch	2 medium bunches
baby spinach leaves	1 medium packet	1 large packet
roasted almonds	1 packet	2 packets
lemon	½	1
rosemary	2 sticks	4 sticks
<b>butter*</b>	20g	40g
balsamic glaze	1 packet	2 packets
plum sauce	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5282kJ (1262Cal)	907kJ (217Cal)
Protein (g)	27.5g	4.7g
Fat, total (g)	25.1g	4.3g
- saturated (g)	6.2g	1.1g
Carbohydrate (g)	36g	6.2g
- sugars (g)	26.9g	4.6g
Sodium (mg)	13067mg	2243mg
Dietary Fibre (g)	7.2g	1.5g

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.

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## We're here to help!

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2024 | CW10

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## 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 **pork skin** in 1cm intervals, without cutting into the flesh. Rub all over with a generous pinch of **salt**.
- Place **pork**, skin-side down, on a foil lined oven tray. Roast until lightly browned, **15-20 minutes**.
- Flip **pork** skin-side up. Heat the grill to high.
- Grill **pork** until skin is golden and crispy, **15-25 minutes**.

**TIP:** Keep an eye on the pork when grilling, it can burn fast!

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## Cook the greens

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **baby broccoli** until tender, **5-6 minutes**.
- Add **baby spinach** and cook until softened, **2-3 minutes**. Add a squeeze of **lemon juice**.
- Season to taste, then transfer to a bowl and cover to keep warm.

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## Roast the pumpkin

- Meanwhile, place **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

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## Make the crumb

- Return frying pan to medium-high heat with the **butter, almonds, rosemary** and **lemon zest**. Cook, tossing, until foaming and fragrant, **1-2 minutes**. Remove from heat.
- In a small microwave-safe bowl, combine **balsamic glaze** and **plum sauce**. Microwave in **10 second** bursts until heated through.

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## Get prepped

- Meanwhile, halve any thicker stalks of **baby broccoli**. Roughly chop **baby spinach leaves** and **roasted almonds**. Zest **lemon** to get a pinch, then slice into wedges.
- Pick and finely chop **rosemary** leaves.

**TIP:** Run your fingers down the rosemary stalk to remove the leaves easily.

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## Serve up

- Slice grilled pork belly.
- Divide pork belly, roasted pumpkin and greens between plates.
- Drizzle pork with plum balsamic sauce. Sprinkle over almond-rosemary crumb and serve with any remaining lemon wedges. Enjoy!

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