



Roast Pork Belly & Creamy Garlic Sauce

with Potato Mash & Baby Rainbow Carrots

GOURMET

Grab your Meal Kit with this symbol



Slow-Cooked Pork Belly



Potato



Baby Rainbow Carrots



Garlic



Roasted Almonds



Shredded Cabbage Mix



Cream



Chicken-Style Stock Powder

Prep in: 20-30 mins
Ready in: 40-50 mins

Get ready for a bit of bliss on a fork because it's roasted pork belly tonight. The creamy garlic sauce poured over the pork and a serving of nutty rainbow carrots really helps to send your tastebuds to their happy place.

Pantry items

Olive Oil, Butter, Milk, Brown Sugar, White Wine Vinegar

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 · Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
slow-cooked pork belly	1 medium packet	2 medium packets
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
baby rainbow carrots	1 large packet	2 large packets
garlic	2 cloves	4 cloves
roasted almonds	1 packet	2 packets
shredded cabbage mix	1 medium packet	1 large packet
brown sugar*	1 tbs	2 tbs
white wine vinegar*	2 tbs	¼ cup
water*	¼ cup	½ cup
cream	½ packet	1 packet
chicken-style stock powder	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6759kJ (1615Cal)	935kJ (223Cal)
Protein (g)	29.6g	4.1g
Fat, total (g)	55g	7.6g
- saturated (g)	26.4g	3.7g
Carbohydrate (g)	56.1g	7.8g
- sugars (g)	35.3g	4.9g
Sodium (mg)	13528mg	1871mg

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.

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We're here to help!

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2024 | CW13

1



Cook the pork belly

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle. Place **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 **skin** in 1cm intervals, without cutting into the flesh. Rub all over with a generous pinch of **salt**.
- Place **pork pieces**, skin-side down, on a 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!

4



Cook the cabbage

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **shredded cabbage mix**, the **brown sugar**, **white wine vinegar** and the **water**, stirring occasionally, until softened, **4-5 minutes**.
- Transfer to a bowl and cover to keep warm.

2



Make the mash

- Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter** and **milk** to the **potato** and season with **salt**. Mash until smooth. Cover to keep warm.

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

5



Make the sauce

- Wipe out the frying pan and return to medium heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**.
- Add **cream** (see ingredients), **chicken-style stock powder** and a splash of **water** and cook, stirring, until thickened slightly, **1-2 minutes**.

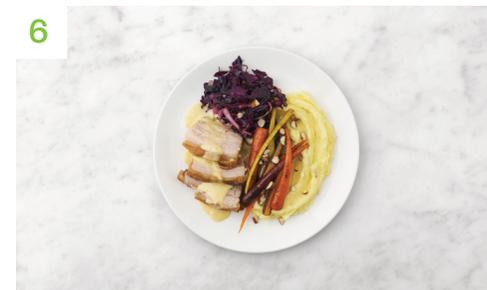
3



Cook the baby carrots

- While the potato is cooking, trim green tops from **baby rainbow carrots** and scrub them clean. Halve **carrots** lengthways. Finely chop **garlic**. Roughly chop **roasted almonds**.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrots** until tender, **5-7 minutes**. Transfer to a plate and cover to keep warm.

6



Serve up

- Slice pork belly.
- Divide mash, pork, braised cabbage and baby rainbow carrots between plates. Sprinkle almonds over the carrots.
- Top pork with creamy garlic sauce to serve. Enjoy!

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