



Roast Pork Belly & Creamy Lemon Mash

with Braised Cabbage, Red Wine Jus & Pecans

Grab your Meal Kit with this symbol



Potato



Garlic



Lemon



Cream



Broccoli



Pecans



Chicken-Style Stock Powder



Slow-Cooked Pork Belly



Shredded Cabbage Mix



Red Wine Jus

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!

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 zesty lemon stirred through the creamy potato mash and a serving of nutty broccoli really helps to send your tastebuds to their happy place.

Pantry items

Olive Oil, Butter, Brown Sugar, White Wine Vinegar

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
potato	2	4
garlic	3 cloves	6 cloves
lemon	½	1
butter*	30g	60g
cream	½ bottle (125ml)	1 bottle (250ml)
broccoli	½ head	1 head
pecans	1 packet	2 packets
shredded cabbage mix	1 bag (150g)	1 bag (300g)
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
brown sugar*	1 tsp	2 tsp
white wine vinegar*	drizzle	drizzle
red wine jus	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4081kJ (975Cal)	628kJ (150Cal)
Protein (g)	39.8g	6.1g
Fat, total (g)	67.6g	10.4g
- saturated (g)	32.9g	5.1g
Carbohydrate (g)	48.9g	7.5g
- sugars (g)	24.7g	3.8g
Sodium (mg)	964mg	148mg

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.

Fancy a drop?

We recommend pairing this meal with Pinot Noir or Riesling.



1 Grill the pork belly

- Preheat grill to high. Using paper towel, pat dry the **slow-cooked pork belly** and wipe to remove any excess fat. Lightly score **pork fat** in a small 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 the top oven rack until the 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!



4 Cook the cabbage

- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **shredded cabbage mix**, until tender, **4-5 minutes**.
- Add **chicken-style stock powder**, the **brown sugar**, a drizzle of **white wine vinegar** and a splash of **water** and cook until softened, **3-4 minutes**.



2 Make the mash

- Meanwhile, bring a medium saucepan of salted water to the boil.
- Peel **potato** and cut into large chunks. Peel the **garlic**. Zest **lemon** and cut into wedges.
- Add **potato** and **garlic** to the boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain and return to the pan. Add the **butter**, **cream** (see ingredients) and **lemon zest** to the potato and season generously with **salt**. Mash until smooth. Cover to keep warm.

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



5 Heat the red wine jus

- Microwave **red wine jus** in a heatproof bowl until just steaming, **1-2 minutes**.



3 Cook the broccoli

- While the potato is cooking, cut **broccoli** (see ingredients) into small florets and roughly chop the stalk.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **broccoli** until tender, **4-6 minutes**.
- Add **pecans** and toast until golden, **2-3 minutes**. Transfer to a plate and cover to keep warm.



6 Serve up

- Slice pork belly.
- Divide creamy lemon mash, braised cabbage, pork and nutty broccoli between plates.
- Drizzle over red wine jus. Serve with lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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