






Cooking Made Easy

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Roasted Pork Belly with Honey Mustard Glaze, Mash and Beans

The last time we sent out pork belly from our butcher Nick 'The Knife' the feedback was so positive that we couldn't resist trying it again. Nick has specially trimmed the meat so that you'll have none of the faff but all of the flavour. Pork belly deserves to be slow cooked so we've given different techniques below depending on how long you can wait!



45 min



family box



Pork Belly (700g)



Potato (4)



Milk (1/2 cup)



Honey (3 tbsp)



Wholegrain Mustard
(1 1/2 tbsp)



Green Beans (2 packs)



Flour (1 tbsp)



Chicken Stock Pot (1)

Ingredients

	2P	4P
Pork Belly	-	700g
Potato, chopped	-	4
Milk 1	-	½ cup
Honey	-	2 tbsp
Wholegrain Mustard 2	-	1½ tbsp
Green Beans	-	2 packs
Flour 3 ⊕	-	1 tbsp
Chicken Stock Pot	-	1

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Milk | 2) Mustard
3) Gluten

Nutrition per serving: Calories: 1059 kcal | Protein: 22 g | Carbs: 85 g | Fat: 76 g | Saturated Fat: 25 g



1 Score/slice the fat on the pork belly into criss-crosses and season with ¼ tsp of salt. Lay the pieces in a cold pan fat side down, turn the heat to medium-high and cook for 10-15 mins. **Tip:** *The more you score the fat, the quicker the fat will 'render' (that's a cheffie term for melting the fat!).*



2 Boil a large pot of water on medium-high heat with ½ tsp of salt. Peel the potatoes and cut into 2cm cubes. Cook in the boiling water for 10-15 mins until cooked through, then drain and mash. Stir in ½ cup of milk, 1 tbsp of butter (if you have some), ¼ tsp of salt and a few grinds of black pepper.



3 For a quick pork option, heat the oven to 200 degrees. Transfer the pork belly from the frying pan to a tray, fat side up (keep the frying pan with the pork belly fat as we'll use it later for the sauce). Mix half the honey and half the mustard and rub all over the scored fat. Put them into the oven for 20 mins then remove and allow to rest for at least 5 mins.



4 If you have time, take the slower pork option by heating your oven to 180 degrees. Transfer the pork belly from the frying pan to a tray, fat side up (keep the frying pan with the pork belly fat as we'll use it later for the

sauce). Mix half the honey and half the mustard and rub all over the scored fat. Put them into the oven for 45-60 mins then remove and allow to rest for at least 5 mins.

5 Put the pan you used for the pork back on medium heat. Once the fat in the pan melts, add the flour and stir to scrape off any bits from the pan. Dissolve the stock pot in 300ml of water and gradually add to the pan giving it all a good stir.

6 Bubble this sauce over a medium heat until it has reduced by half. Add the remaining honey and mustard and taste for seasoning and add more salt or pepper as you like. **Tip:** *Add the juices that have leaked out of the rested meat for an extra hit of flavour.*

7 While the sauce is reducing, boil another pot of water with ¼ tsp of salt (or use the pot from the potatoes). Cut and discard the ends from the green beans. Cook in the boiling water for 3-4 mins or until 'al dente'. **Tip:** *'Al dente' simply means they have a little bit of crunch left in the middle.*

8 Slice the pork belly into 1cm slices. Divide the mash and beans between your plates, top with slices of the pork belly and drizzle over the sauce.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!