



# BRITISH ROAST PORK BELLY

with Colcannon Mash and a Roasted Fennel & Mustard Sauce



SPECIALITY INGREDIENT



## HELLO FENNEL

The entire fennel plant is edible! You can eat the whole thing- seeds, bulb, stalk and even leaves!!!



Pork Belly



Fennel



Carrot



Echalion Shallot



Garlic Clove



Flat Leaf Parsley



Spring Onion



Potato



Chopped Cavolo Nero



Chicken Stock Powder



Wholegrain Mustard



Half Fat Crème Fraîche



Unsalted Butter

MEAL BAG

60 mins

3 of your 5 a day

Bring the Best of British to the table this spring with our new limited collection of premium Gastropub recipes. A favourite on any gastropub menu, pork belly is a classic that can be enjoyed any night of the week. The lovely thick layer of fat on this particular cut, keeps the meat moist as it roasts and also gives a delicious even layer of crunchy crackling. In this recipe we've served British pork belly with roasted carrots and fennel, creamy colcannon (a traditional Irish side dish of mashed potato and dark leafy greens like cavolo nero), and a delicious homemade mustard sauce.

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## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Frying Pan**, two **Baking Trays**, a **Fine Grater** (or **Garlic Press**), **Large Saucepan**, **Small Saucepan**, **Measuring Jug**, **Colander** and **Potato Masher**. Now, let's get cooking!



### 1 ROAST THE PORK

Preheat your oven to 200°C. Heat a splash of **oil** in a frying pan over medium-high heat. Season the **pork** all over with **salt** and **pepper**. When the **oil** is hot, carefully place the **pork** in the pan, skin-side down. Cook until browned, 3-4 mins. Turn, and brown the underside, 2-3 mins. Pop onto a roasting tray, skin-side up, and roast on the middle shelf of your oven for 45-60 mins. **! IMPORTANT:** *The pork is cooked when it is no longer pink in the middle.*



### 2 PREP THE VEGGIES

Meanwhile, cut the **fennel** in half lengthways, remove the triangle root in the middle, then slice lengthways into strips 1cm wide. Trim the **carrots** (no need to peel) then quarter lengthways. Pop the **veggies** onto another baking tray and season with **salt** and **pepper**. Drizzle with **oil**, then toss to coat. Keep to one side, we will roast them later.



### 3 FINISH THE PREP

Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all). Trim the **spring onion** and thinly slice. Chop the **potatoes** into 2cm chunks (no need to peel) and pop into a large saucepan of **water**.



### 4 COOK THE SIDES

When the **pork** has 30 mins left, roast the **veggies** on the top shelf of your oven until soft and golden, 25-30 mins. Turn halfway through cooking. Add a pinch of **salt** to the potato pan and pop onto high heat. Bring to the boil then lower the heat to medium. Cook until tender, 18-20 mins. When the **potato** has 5 mins left, add the **cavolo nero** to the pan and cook for the remaining 5 mins.



### 5 SAUCE TIME

Heat a splash of **oil** in a small saucepan over medium heat. Add the **shallot**, stir and cook until softened, 3-4 mins. Add the **garlic** and cook for a 1 minute more. Pour in the **water** (see ingredients for amount) and **stock powder**. Stir and reduce the **stock** by two-thirds. Once reduced, stir in the **mustard**, and **half the crème fraîche** and **half the parsley**. Bring to the boil then remove from the heat, we will warm it up later.



### 6 FINISH AND SERVE

When the **potato** and **cavolo** are ready, drain in a colander and return to the pan. Add the **butter** then mash with a potato masher until smooth. Stir in the remaining **crème fraîche**, the **spring onion** and remaining **parsley**. Season to taste with **salt** and **pepper**. Spoon the **colcannon mash** onto your plate and serve the **roasted veggies** alongside. Halve the **pork belly** and sit it on top of the **veggies**. Reheat the **sauce** until piping hot and spoon onto the plate. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Pork Belly	400g	600g	800g
Fennel *	1	2	2
Carrot *	2	3	4
Echalion Shallot *	1	1	2
Garlic Clove *	1	1	2
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Spring Onion *	1	2	2
Potato *	1 small pack	1 large pack	2 small packs
Chopped Cavolo Nero *	1 small bag	1 medium bag	1 large bag
Water*	100ml	150ml	200ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Wholegrain Mustard 9)	1 pot	1½ pots	2 pots
Half Fat Crème Fraîche 7) *	1 pouch	1½ pouches	2 pouches
Unsalted Butter 7) *	30g	45g	60g

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 813G	PER 100G
Energy (kJ/kcal)	4318 / 1032	531 / 127
Fat (g)	66	8
Sat. Fat (g)	31	4
Carbohydrate (g)	62	8
Sugars (g)	16	2
Protein (g)	50	6
Salt (g)	1.08	0.13

Nutrition for uncooked ingredients based on 2 person recipe.

#### ALLERGENS

7) Milk 9) Mustard

#### PAIR THIS MEAL WITH

A white wine like a Riesling.

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

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