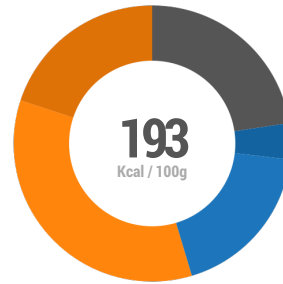


Asian Braised Pork Belly

Braised British pork belly, spiced cooking broth, coconut & lime scented rice, chilli, coriander & lime dressing

By Mark Irish from Brakes

Overview ...



CALORIES:

22.8% Carbs

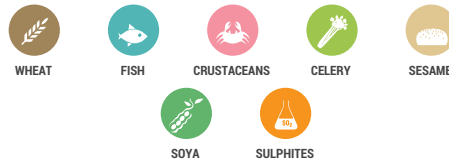
22.6% Protein

54.6% Fat

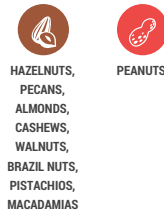
Food Labelling...

Serves **1**

CONTAINS:



MAY CONTAIN:



Recipe Ingredients ...

	Quantity:	Description:
134040 British Red Tractor Pork Belly Squares - BRAKES	227g	1x Each
113309 Sweet Tamarind Sauce - BRAKES	10g	
113307 Nasi Goreng Paste - BRAKES	20g	
114212 Chillies Red - BRAKES	10g	
115074 Amoy Light Soy Sauce 150ml - BRAKES	30g	
186356 - 87011 Brakes Cinnamon Sticks - BRAKES	10g	
28189 Brakes Whole Green Cardamoms - BRAKES	3g	
30808 Brakes Basmati Rice Portions - BRAKES	100g	0.5x Each
255 Brakes Desiccated Coconut - BRAKES	5g	
114218 Lemons - BRAKES	0.3g	
35005 Brakes Sesame Seeds - BRAKES	2g	
116334 BD Foods Green Chilli, Coriander, Lime & Mint - BRAKES	30g	
113882 Premium Large Mint Bunch - BRAKES	2g	
10478 Limes - BRAKES	9g	

Products / Pack Sizes ...

1 Serving



 *Product code*

 *Barcode*

 458g / 901kcal

1

Cooking Instructions & Notes

Preparation:

- Toast the coconut
- Wash, pat dry & chop the mint
- Zest the lemon
- Cut lime into wedges
- Toast sesame seeds

Method:

1. Preheat the oven to 180°C, score the pork belly fat and season with salt
2. Combine tamarind paste, nasi goreng paste, chopped red chilli, soy sauce, cinnamon stick & cardamom
3. Bring to the boil with 150ml water in a suitable oven proof dish
4. Place the pork belly in the dish - fat side facing up
5. Braise in the oven until tender (approx 45mins) - reserve the cooking liquor
6. Heat rice in accordance with the packaging guidelines
7. Mix the heated rice with the coconut, lemon zest & mint
8. Place the rice on to your chosen bowl/plate
9. Slice the cooked pork belly & place on top of the rice
10. Drizzle with the cooking liquor & finish with the chilli coriander & mint dressing
11. Sprinkle with toasted sesame seeds & garnished with lime wedge - serve!