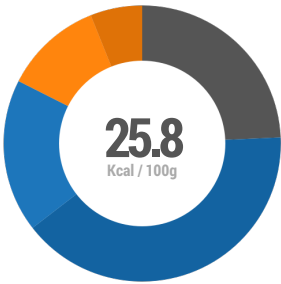


# Pork Adobo

This popular Filipino dish incorporates some of the key flavours of the region and is served with rice, crispy onions and soft boiled eggs

By Oliver Lloyd from Brakes



CALORIES:

58.2% Carbs

24.3% Protein

17.5% Fat

CONTAINS:

WHEAT

EGGS

SOYA

SULPHITES

Recipe Ingredients ...	Quantity:	Description:
136322 Whole Pork Belly, rindless and boneless	800g	
124866 Kikkoman Soy Sauce 1L - BRAKES	150g	0.15x Each
2032 Brakes White Wine Vinegar - BRAKES	50ml	0.01x Each
350098 Tate & Lyle Caster Sugar 2kg - BRAKES	25g	0.01x Each
33588 Brakes Bay Leaves - BRAKES	2g	2x Each
33580 Brakes Whole Black Pepper - BRAKES	5g	0.01x Each
100446 Brakes Chicken Flavour Bouillon Paste - BRAKES	10g	0.01x Each
124180 Bird's Eye Red Chillies - BRAKES	1g	0x Each
16392 Brakes 18 British Free Range Fresh Medium Eggs - BRAKES	1g	0.02x Each
134544 Kuhne Crispy Fried Onions - BRAKES	5g	0.01x Each

1 Serving



 *Product code*

 *Barcode*

 262g / 70kcal

# 1

#### Cooking Instructions & Notes

#### Preparation:

Dice the pork belly

Peel & chop the garlic

Chop the chilli - seeds in

Prepare the stock as per packaging guidelines

Soft boil the egg, chill and peel

#### Method:

1. Marinate the pork in the soy, vinegar, sugar and half the garlic overnight.
2. In a pan over a high heat fry the pork in oil until caramelised add the remaining half of the garlic.
3. Add the marinade liquor with the bay and peppercorns and the chilli if desired. At this stage you should also add the stock in the ratio of double stock to soy/vinegar.
4. Simmer for 1 hour or until the pork is tender and reduce the cooking liquid.
5. Add vinegar to season.
6. Serve alongside rice with crispy onions - here we have also added a soft boiled egg.