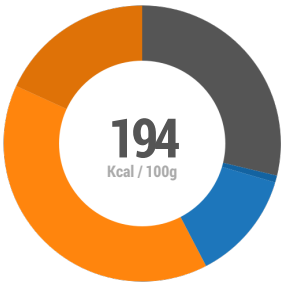


Slow Cooked Pork Belly with Borlotti Bean Stew

Slow cooked pork belly, borlotti beans, lemon, red & spring onions, chillies & anchovies

By Mark Irish from Brakes

Overview ...



CALORIES:

13.6% Carbs

28.7% Protein

57.6% Fat

Food Labelling...

Serves 1

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CONTAINS:

FISH

SULPHITES

Recipe Ingredients ...	Quantity:	Description:
33083 Brakes Slow Cooked Belly of Pork - BRAKES	315g	1x Each
10787 Brakes Borlotti Beans In Water - BRAKES	200g	
100545 Brakes Red Wine Vinegar - BRAKES	15ml	
33889 Veraneo Olive Oil - BRAKES	15g	0x Each
114977 Cooks & Co Anchovy Fillets in Sunflower Oil 365g - BRAKES	3g	
33579 Brakes Ground Black Pepper - BRAKES	1g	
10473 Spring Onions Bunch - BRAKES	25g	
114218 Lemons - BRAKES	50g	0.5x Each
113885 Herb Bunched Coriander - BRAKES	3g	
10439 Fresh Garlic - BRAKES	3g	
114212 Chillies Red - BRAKES	4g	

Products / Pack Sizes ...

1 Serving



Product code

Barcode

539g / 1079kcal

1

Cooking Instructions & Notes

Preparation:

Defrost the pork in its pouch

Drain beans

Peel & dice the red onions

Trim and slice spring onions

Zest and juice lemon

Chop coriander

Peel and thinly slice garlic

Slice chillies - seeds in

Method:

1. For the stew put 15ml of the oil into a pan on a medium heat
2. Add the sliced garlic and allow to colour slightly, then add the red onion & simmer gently until soften
3. Now add the anchovy fillets and mix into the onions allowing the fillets to break down, stir well
4. Next add the chilli, mix well & sauté for approx. 1 min before adding the beans, stir into the onion mix
5. Add the vinegar, lemon zest & juice, stir well and allow to sauté for another 2-3 mins on a low heat
6. Take off the heat, add the spring onions & coriander, mix well,
7. Add the seasoning to taste, allow to cool, place in a fridge to be used as required
8. Pre-heat the oven to 180°C
9. Remove the pork belly from its packaging and place on a lined baking tray
10. Place into the oven for approx. 10 mins or until core temp is reached and the pork is golden brown
11. Re-heat the bean stew and spoon into your chosen dish, place the pork on top and serve!