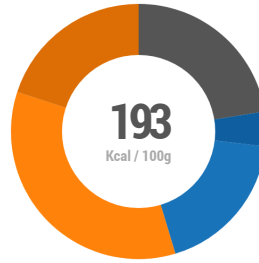
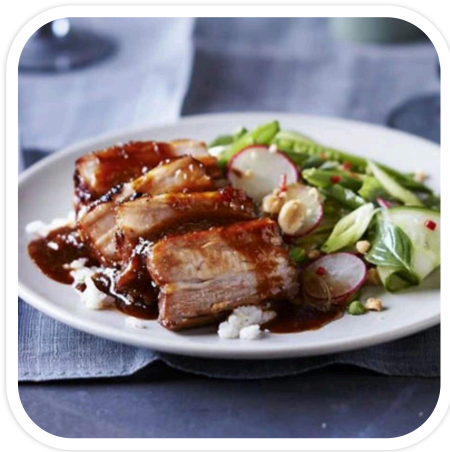


Asian Braised Pork Belly

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

OVERVIEW ...



CALORIES:

22.9% Carbs

22.5% Protein

54.6% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



MAY CONTAIN:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

134040 British Red Tractor Pork Belly Squares..

PORK BELLY SQUARES

BRAKES **227g**

1x Each



113309 Street Food Sweet Tamarind Sauce..

SWEET TAMARIND SAUCE

BRAKES **10g**

unchanged

113307 Nasi Goreng Paste..

NASI GORENG PASTE

BRAKES **20g**

unchanged

114212 Chillies Red (19 Oct 2023)..

CHILLIES RED FRESH DIRECT

BRAKES **10g**

unchanged

87011 Sysco Classic Cinnamon Sticks..

CINNAMON STICKS

BRAKES **10g**

0.06x Each

N/A

115074 Amoy Light Soy Sauce 150ml..

LIGHT SOY SAUCE 150ML

BRAKES **30g**

N/A

28189 Sysco Classic Whole Green Cardamoms.. WHOLE GREEN CARDAMOMS	BRAKES	3g		N/A
30808 Brakes Basmati Rice Portions.. BASMATI RICE PORTIONS	BRAKES	100g	0.5x Each	unchanged
255 Brakes Desiccated Coconut.. DESICCATED COCONUT	BRAKES	5g		unchanged
114218 Lemons (19 Oct 2023).. LEMONS FRESH DIRECT	BRAKES	0.3g		unchanged
151641 World of Spice Sesame Seeds Whole.. SESAME SEEDS WHOLE	BRAKES	2g		N/A
116334 Lion Green Chilli, Coriander, Lime & Mint.. GREEN CHILLI, CORIANDER, LIME & MINT SAUCE	BRAKES	30g		unchanged
113882 Premium Large Mint Bunch (19 Oct 2023).. PREMIUM LARGE MINT BUNCH FRESH DIRECT	BRAKES	2g		N/A
10478 Limes.. LIMES FRESH DIRECT	BRAKES	9g		unchanged

PRODUCTS / PACK SIZES ...

1 Serving



🕒 458g / 901kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

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!