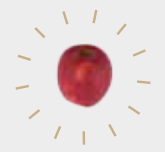




ROAST PORK BELLY

WITH CHANTENAY CARROTS, CELERIAC AND APPLE PURÉE

SPECIALITY INGREDIENTS



HELLO APPLE

Did you know that apples are part of the rose family? If you look at the flowers you can see the similarity!



Pork Belly



Celeriac



Chantenay Carrots



Apple



Unsalted Butter



Tenderstem Broccoli



Garlic Clove



Hazelnuts



Red Wine Stock Pot

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. Served with roasted celeriac and carrots, stir-fried tenderstem broccoli with toasted hazelnuts, and a homemade apple puree, this is the perfect simple showstopper.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Frying Pan, Small Saucepan (with a Lid)** and **Fine Grater (or Garlic Press)**. Now, let's get cooking!



1 DO THE PREP

Preheat your oven to 200°C. Put a large frying pan on high heat with a drizzle of **oil**. Pat the **pork belly** dry with kitchen paper then season on both sides with a good pinch of **salt** and **pepper**. When the pan is hot, carefully add the **pork belly**, skin-side down, and sear until golden all over, 3-4 mins each side. Meanwhile, trim and peel the **celeriac** and chop into 2cm chunks. Trim and halve the **chantenay carrots**.



2 ROAST

Pop the **celeriac** and **carrots** on a large baking tray with a drizzle of **oil**. Season with a pinch of **salt** and **pepper** and toss to coat. Sit the **pork belly** on top of the **veggies** (keep the pan!), skin-side up, then roast on the middle shelf of your oven until the **pork** is cooked through and the **veggies** soft and caramelised, 45 mins - 1 hour. **IMPORTANT:** *The pork is cooked when it is no longer pink in the middle.* Give the **veggies** a turn halfway through cooking.



4 TOAST THE NUTS

Meanwhile, chop the **tenderstem® broccoli** in half widthways. Peel and grate the **garlic** (or use a garlic press). Pop another large frying pan on medium-high heat (no oil) and add the **hazelnuts**. Toast until golden, 2-3 mins, then transfer to a small bowl and set aside (keep the pan).



5 COOK THE TENDERSTEM®

About 10 mins before the **pork** is ready, heat a drizzle of **oil** in the now empty **hazelnut** pan on medium-high heat. Add the **tenderstem®** and **garlic** and **stir-fry** for 2-3 mins, then add a splash of **water** and quickly cover with a lid (or foil). Steam until tender, 4-5 mins, then toss the **nuts** through. Meanwhile, return the now empty pork pan to medium heat and add the **stock pot** and **water** (see ingredients for amount).



3 MAKE THE APPLE PURÉE

Peel and core the **apples** then chop into 2cm chunks. Pop into a small saucepan with a good pinch of **salt** and **pepper** and the **water** (see ingredients for amount). Bring to the boil then put a lid on and cook on a low heat until the **apple** has collapsed into a **purée**, 25-30 mins. Stir in the **butter** then remove from the heat - we will reheat it later. **TIP:** *Use a fork to break down any stubborn apples!*



6 FINISH AND SERVE

Stir to dissolve the **stock pot** then bring to the boil, reduce the heat and simmer until glossy, 3-4 mins. Allow the **pork** to rest for a few mins while you get ready to serve. Reheat the **apple purée** and anything else that needs it over a low heat. Arrange the **roasted veggies** and **tenderstem®** around your plates then spoon some **apple purée** in the centre. Carve the **pork belly** and place on top of the **purée** then finish with the **sauce**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

| | 2P | 3P | 4P |
|------------------------|--------------|--------------|---------------|
| Pork Belly * | 400g | 600g | 800g |
| Celeriac 10) * | 1 | 1½ | 2 |
| Chantenay Carrots * | 1 pack | 1½ packs | 2 packs |
| Apple * | 1 | 2 | 2 |
| Water for the Apples* | 100ml | 150ml | 200ml |
| Unsalted Butter 7) * | 15g | 30g | 30g |
| Tenderstem Broccoli * | 1 small pack | 1 large pack | 2 small packs |
| Garlic Clove * | 2 | 3 | 4 |
| Hazelnuts 2) | 1 bag | 1½ bags | 2 bags |
| Red Wine Stock Pot 14) | ½ | ¾ | 1 |
| Water for the sauce* | 100ml | 150ml | 200ml |

*Not Included

* Store in the Fridge

| NUTRITION PER UNCOOKED INGREDIENT | PER SERVING 870G | PER 100G |
|-----------------------------------|------------------|----------|
| Energy (kJ/kcal) | 3594/ 859 | 413/ 99 |
| Fat (g) | 57 | 7 |
| Sat. Fat (g) | 20 | 2 |
| Carbohydrate (g) | 29 | 3 |
| Sugars (g) | 24 | 3 |
| Protein (g) | 49 | 6 |
| Salt (g) | 2.85 | 0.33 |

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 7) Milk 10) Celery 14) Sulphites

PAIR THIS MEAL WITH

A full bodied red like a Pinot Noir

🧼 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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