



Oven-Ready Pork Belly & Mediterranean Veggies

with Dill & Parsley Mayo

READY TO COOK

Grab your Meal Kit with this symbol



Potato, Carrot & Zucchini Mix



Mediterranean Seasoning



Slow-Cooked Pork Belly



Baby Spinach Leaves



Dill & Parsley Mayonnaise



Prep in: 10-20 mins
Ready in: 40-50 mins

This meal is all about the little differences – the mix of herbs spicing up the pork, the flavourful roasted veggies and the dill-parsley mayo dollop that will become your new favourite collaboration.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato, carrot & zucchini mix	1 medium bag	1 large bag
Mediterranean seasoning	1 sachet	2 sachets
slow-cooked pork belly	1 small packet	2 small packets OR 1 large packet
baby spinach leaves	1 medium bag	1 large bag
vinegar* (white wine or balsamic)	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3702kJ (885Cal)	628kJ (150Cal)
Protein (g)	33.3g	5.7g
Fat, total (g)	70.2g	11.9g
- saturated (g)	24g	4.1g
Carbohydrate (g)	30g	5.1g
- sugars (g)	10.7g	1.8g
Sodium (mg)	1032mg	175mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



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Roast the veggies

- Boil the kettle. Preheat oven to **240°C/220°C fan-forced**.
- Place **potato, carrot & zucchini mix** on a lined oven tray.
- Sprinkle with **Mediterranean seasoning**, drizzle with **olive oil** and season with **salt**. Toss to coat.
- Roast **veggies** until tender, **25-30 minutes**. Once veggies are cooked, remove tray from oven and set aside to cool slightly.

TIP: If your oven tray is crowded, divide the veggies between two trays.

Roast the pork belly

- Place **slow-cooked pork belly** in a large bowl and cover with boiling water. Using tongs, remove **pork** carefully and pat dry using paper towel (this step helps the crackling get crispy!).
- Using a sharp knife, score skin in 1cm intervals, without cutting into the flesh. Rub all over with a generous pinch of **salt**.
- Place **pork pieces**, skin-side down, on a lined oven tray. Roast until lightly browned, **15-20 minutes**.
- Heat grill to high. Flip **pork** skin-side up. Grill **pork** until skin is crackling (golden and crispy), **15-25 minutes**.

TIP: Keep an eye on the pork when grilling, it can burn fast!

Serve up

- To the tray with the roasted veggies, add **baby spinach leaves** and a drizzle of the **vinegar**. Toss to combine. Season to taste.
- Slice pork belly. Divide pork and roast veggie toss between plates.
- Serve with **dill & parsley mayonnaise**. Enjoy!

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