



Oyster Sauce Glazed Slow-Cooked Pork Belly

with Garlic Rice & Veggies

NEW

Grab your Meal Kit with this symbol



Slow-Cooked Pork Belly



Garlic



Jasmine Rice



Sweetcorn



Broccoli



Oyster Sauce



Chilli Flakes (Optional)



Slow-Cooked Pork Belly

Recipe Update

We've replaced the broccoli & carrot mix in this recipe with broccoli due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 15-25 mins
Ready in: 35-45 mins

By now, our loyal HF customers would know how much we love our slow-cooked pork belly. Tonight, it is back on the menu with our lovely oyster sauce for an ultimate umami flavour, that pairs perfectly with veggies and rice.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Brown Sugar

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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
slow-cooked pork belly	1 small packet	2 small packets OR 1 large packet
garlic	3 cloves	6 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
sweetcorn	1 small tin	1 large tin
broccoli	1 head	2 heads
oyster sauce	1 packet	2 packets
brown sugar*	1 tbs	2 tbs
chilli flakes (optional) 🌶️	pinch	pinch
slow-cooked pork belly**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4615kJ (1103Cal)	1027kJ (245Cal)
Protein (g)	35.4g	7.9g
Fat, total (g)	66.3g	14.8g
- saturated (g)	29.8g	6.6g
Carbohydrate (g)	89.8g	20g
- sugars (g)	21.8g	4.9g
Sodium (mg)	1340mg	298mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	7021kJ (1678Cal)	1171kJ (280Cal)
Protein (g)	60.3g	10.1g
Fat, total (g)	119.7g	20g
- saturated (g)	52.6g	8.8g
Carbohydrate (g)	90.2g	15g
- sugars (g)	22g	3.7g
Sodium (mg)	1425mg	238mg

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



Roast the pork belly

- Boil the kettle. Preheat oven to **240°C/220°C fan-forced**.
- Place **slow-cooked pork belly** in a large heatproof bowl and cover with boiling water. Using tongs, remove **pork** carefully and pat dry using paper towel (this helps the crackling get crispy!).
- Using a sharp knife, score the 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 golden and crispy, **15-25 minutes**.

Custom Recipe: If you've doubled your slow-cooked pork belly, spread pork over two lined oven trays if your tray is getting crowded.



Cook the veggies

- When rice has **10 minutes** remaining, drain **sweetcorn**. Cut **broccoli** into small florets (including the stem!).
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **broccoli** and **corn**, tossing, until tender, **6-7 minutes**.
- Add remaining **garlic** and cook until fragrant, **1 minute**. Season to taste.
- While veggies are cooking, in a small heatproof bowl, combine **oyster sauce**, the **brown sugar** and a splash of **water**. Microwave until heated through, **30 seconds**.



Cook the rice

- Meanwhile, finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook half the **garlic**, until fragrant, **1-2 minutes**. Add the **water** and a generous pinch of **salt** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove from the heat and keep covered until rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Serve up

- Slice pork belly.
- Divide garlic rice and veggies between bowls.
- Top rice with roast pork belly. Spoon over oyster sauce mixture.
- Sprinkle with a pinch of **chilli flakes** (if using) to serve. Enjoy!

Rate your recipe

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