



More Than Food
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Roasted Pork Belly with Honey Mustard Glaze, Mash and Beans

The last time we sent out pork belly from our butcher Nick 'The Knife' the feedback was so positive that we couldn't resist trying it again. Nick has specially trimmed the meat, so that you'll have none of the faff but all of the flavour. Pork belly deserves to be slow cooked, so we've given different techniques, depending on how long you can wait!



45 mins



family box



Pork Belly (700g)



Potato (2 packs)



Milk (1/2 cup)



Honey (2 tbsp)



Spiced Honey Mustard
(2 tbsp)



Flour (2 tbsp)



Chicken Stock Pot (1)



Green Beans (2 packs)

Ingredients

4 PEOPLE ALLERGENS

Pork Belly	700g	
Potato, chopped	2 packs	
Milk	½ cup	Lactose
Honey	2 tbsp	
Spiced Honey Mustard	2 tbsp	Mustard
Flour	2 tbsp	Gluten
Chicken Stock Pot	1	
Green Beans	2 packs	

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

LH Step for little hands

Did you know...

The pork belly is the underside of the pig, from which all-American style streaky bacon is made!

Nutrition per serving: Calories: 824 kcal | Protein: 57 g | Carbs: 57 g | Fat: 42 g | Saturated Fat: 15 g



1 Slice the fat on the **pork belly** into criss-crosses and season with ½ tsp of **salt**.



2 Lay the pieces in a cold frying pan fat-side down, turn the heat to medium-high and cook for 10-15 mins. **Tip:** *The more you score the fat, the quicker the fat will 'render' (that's a cheffy term for melting the fat!).*



3^A For a quick option, heat the oven to 200 degrees. Transfer the **pork belly** from the pan to a baking tray, fat-side up (keep the pan with the pork belly fat, as we'll use it later for the sauce). **LH:** *Mix the **honey** and the **spiced honey mustard** and rub half of it over the scored fat.* Put them into the oven for 20 mins, then remove and allow to rest for at least 5 mins.



3^B If you have time, take the slower option by heating your oven to 180 degrees. Transfer the **pork belly** from the pan to a baking tray, fat-side up (keep the pan with the pork belly fat, as we'll use it later for the sauce). **LH:** *Mix the **honey** and the **spiced honey mustard** and rub half of it all over the scored fat.* Put them into the oven for 45-60 mins, then remove and allow to rest for at least 5 mins.

4 Boil a large pot of water on medium-high heat with ½ tsp of **salt**. Peel the **potatoes** and chop into 2cm cubes. Cook in the boiling water for

10-15 mins until cooked through, then drain and mash. Stir in ½ cup of **milk**, 1 tbsp of **butter** (if you have some), ¼ tsp of **salt** and a few grinds of black **pepper**.

5 Put the frying pan you used for the pork back on medium heat. Once the fat in the pan melts, add the **flour** and stir to scrape off any bits from the pan. Dissolve the **chicken stock pot** in 300ml of boiling **water** and gradually add to the pan whilst giving it all a good stir.

6 Bubble this sauce over medium heat until it has reduced by half. Add the remaining **honey** and **spiced honey mustard** and taste for seasoning and add more **salt** or **pepper** as you like. **Tip:** *Add the juices that have leaked out of the rested meat for an extra hit of flavour.*

7 While the sauce is reducing and potatoes are boiling, boil another pot of water with ½ tsp of **salt**. Cut and discard the ends from the **green beans**. Cook in the boiling water for 3-4 mins or until 'al dente'. **Tip:** *'Al dente' simply means they have a little bit of crunch left in the middle.*

8 Slice the **pork belly** into 1cm slices. Divide the mash and **green beans** between your plates, top with slices of the **pork belly** and drizzle over the sauce.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!