

Eat Within 2 Days

UCOOK

Sticky Bourbon Pork Belly

with mash potatoes & dressed green beans

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Ropafadzo Zengeni

Wine Pairing: Muratie Wine Estate | Muratie Laurens Campher Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	1080kJ	6895kJ
Energy	258kcal	1649kcal
Protein	5.1g	32.7g
Carbs	15g	4g
of which sugars	8g	50.8g
Fibre	1.4g	9g
Fat	19.4g	124g
of which saturated	7.4g	47g
Sodium	100mg	642mg

Allergens: Sulphites, Egg, Cow's Milk, Alcohol, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato *rinse, peel & cut into bite-sized pieces*
30ml	60ml	Grated Italian-style Hard Cheese
30ml	60ml	Fresh Cream
200g	400g	Pork Belly Pieces
80ml	160ml	BBQ Sauce Mix *(15ml [30ml] Bourbom, 15ml [30ml] Maple-Flavoured Syrup, 30ml [60ml] BBQ Sauce & 20ml [40ml] Sugar-Brown)*
80g	160g	Green Beans *rinse & trim*
1	1	Garlic Clove *peel & grate*
25ml	50ml	Vinaigrette *(15ml [30ml] Vinegar & 10ml [20ml] Mustard)*

From Your Kitchen

Seasoning (salt & pepper)
Water
Paper Towel
Butter
Oil (cooking, olive or coconut)

1. CREAMY & CHEESE MASH Place the potato in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter, cheese, and cream. Mash with a fork, season, and cover.

2. SEAR THE PORK Place a pan over medium-high heat with a light drizzle of oil. Pat the pork dry with paper towel, cut into bite-sized pieces, and season. When hot, sear the pork until crispy, golden brown, and cooked through, 8-10 minutes (shifting occasionally). Remove from the pan, reserving any rendered fat.

3. BBQ & BOURBON SAUCE Return the pan to medium heat without any oil. Add the pork belly pieces and BBQ sauce mix. Simmer until reduced and sticky, 4-5 minutes. Remove from the pan with any pan juices.

4. GREEN BEANS Place a pan over medium-high heat with a drizzle of the reserved rendered fat. When hot, fry the green beans until starting to char, 4-5 minutes (shifting constantly). In the final minute, add the garlic. Remove from the pan, coat with the vinaigrette, and season.

5. TA-DA! Bowl up the creamy cheese mashed potatoes, top with the sticky bourbon pork, and drizzle over any remaining sauce on top. Place the green beans alongside. Dinner is ready, well done, Chef!

Chef's Tip If you have a hand mixer, you can use it to mash your potatoes. Mix on a low speed until smooth and creamy, being careful not to overmix. This will quickly create smooth and fluffy mashed potatoes.