



UCOOK

Chinese Braised Pork Belly

with egg fried rice & charred broccoli


This dish is a delicious twist on the classic Chinese take-out favourite of egg fried rice & pork. The pork belly is braised in a sweet, savoury & sticky sauce until melt-in-your-mouth tender. Served over a bed of egg fried Jasmine rice & charred broccoli. The result is a dish that is packed with flavour & texture. Ready the chopsticks!

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Rhea Hsu

 Adventurous Foodie

 Sijnn Wines | Sijnn White Blend

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Ingredients & Prep

300ml	Jasmine Rice <i>rinsed</i>
15ml	Mixed Sesame Seeds
450g	Broccoli Florets <i>cut into bite-sized pieces</i>
105ml	Chinese Sauce <i>(60ml Low Sodium Soy Sauce, 30ml Shaoxing Wine & 15ml Rice Wine Vinegar)</i>
15ml	Chinese 5-spice
30g	Fresh Ginger <i>peeled & grated</i>
600g	Pork Belly Pieces <i>rind removed & cut into bite-sized chunks</i>
2	Spring Onions <i>trimmed & thinly sliced</i>
2	Fresh Chillies <i>trimmed, de-seeded & thinly sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s
Paper Towel
Sugar/Sweetener/Honey

1. FLUFFY RICE Place the rinsed rice in a pot with 600ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. TIME TO SUC-SEED Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. CHARRED BROCC Return the pan to medium-high heat with a drizzle of oil. When hot, fry the broccoli pieces until lightly charred, 7-8 minutes (shifting occasionally). Add a splash of water, cover with the lid, and simmer until cooked but still al dente, 1-2 minutes. Remove from the pan, season, and cover.

4. PERFECT PORK BELLY In a small bowl, combine the Chinese sauce, the Chinese 5-spice, the grated ginger, 30ml of sweetener, and 60ml of water. Return the pan to medium-high heat. Pat the pork belly chunks dry with paper towel. When the pan is hot, sear the pork chunks until browned and cooked through, 3-5 minutes per side (the pork will render its own fat). Reduce the heat to medium, pour the Chinese sauce mix over the pork and simmer until slightly reduced, 3-5 minutes. Remove from the heat, add the cooked broccoli, toss to coat and cover.

5. LAY THE FOUNDATION Crack 3 eggs into a bowl. Add seasoning and whisk until combined. Place a clean pan (large enough for the rice) over medium-high heat with a drizzle of oil. When hot, add the whisked eggs and fry until cooked through and scrambled, 1-2 minutes (shifting constantly). Add the cooked rice, ½ the sliced spring onion, ½ the toasted sesame seeds, and ½ the sliced chilli (to taste). Remove from the heat and season.

6. GET IN MY BELLY! Plate up the egg fried rice and top with the saucy pork belly pieces & broccoli. Drizzle over any remaining sauce from the pan. Garnish with the remaining spring onion, toasted sesame seeds, and chilli (to taste). Well done, Chef!

Nutritional Information

Per 100g

Energy	739kJ
Energy	177kcal
Protein	9.6g
Carbs	16g
of which sugars	1g
Fibre	1.6g
Fat	7.7g
of which saturated	2.5g
Sodium	235mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Alcohol, Soy

Cook
within 2
Days