



# UCOOK

## Pork Belly Roast

**with a caramelised apple purée,  
thyme-roasted carrots & long-stem  
broccoli**

A marriage of classic flavours means you can't go wrong. Beautiful pork belly served with roasted carrots and long stem broccoli, and a beautiful roast apple purée. It may require a little effort but it is worth the toil when you get to dig in!

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**Hands-on Time:** 30 minutes

**Overall Time:** 60 minutes


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**Serves:** 4 People

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**Chef:** Megan Bure

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 Adventurous Foodie

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 Creation Wines | Creation Chardonnay 2022

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## Ingredients & Prep

960g	Carrot <i>rinsed, trimmed &amp; cut into wedges</i>
800g	Pork Belly <i>rind removed &amp; sliced into thick strips</i>
2	Apples <i>peeled, cored &amp; cut into wedges</i>
400g	Long-stem Broccoli <i>sliced in half lengthways</i>
10g	Fresh Thyme <i>rinsed &amp; picked</i>
1	Red Onion <i>peeled &amp; finely diced</i>
4	Garlic Cloves <i>peeled &amp; grated</i>
200ml	White Wine
100ml	Low Fat Fresh Cream
40ml	Chicken Stock
15g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Blender

**1. ROAST CARROTS & CRACKLING RIND** Preheat the oven to 200°C. Place the carrot wedges and the rind slices on a roasting tray, coat in oil, and seasoning. Roast in the hot oven for 35-40 minutes, shifting halfway until cooked through and the rind is crispy, crunchy and crackling.

**2. APPLES** Place the apple wedges on a separate roasting tray and bake in the hot oven for 20-25 minutes until softened.

**3. CRISPY, GOLDEN PORK** Pat the pork belly dry with some paper towel. Place a pan over a medium-high heat with a drizzle of oil. When hot, sear the pork belly for 3-5 minutes, flipping halfway, until browned. Remove from the pan and place on the tray with the apples. Roast for 8-12 minutes until cooked through and golden.

**4. WE WILL BROCC YOU** In a bowl, toss the halved broccoli with a drizzle of oil, the picked thyme, and some seasoning. When the carrots have 10-15 minutes remaining, remove the tray from the oven and add the broccoli. Roast for the remaining time until cooked through.

**5. CARAMELISED APPLE PURÉE** When the apples are done, return the pan to a medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 5-6 minutes until soft and translucent, shifting occasionally. Add the grated garlic and fry for about 1 minute, until fragrant, shifting constantly. Stir in the wine and leave to simmer for about 2-3 minutes until almost all evaporated. Add in the cream and stock, and allow to reduce for a further 3-5 minutes. Transfer the mixture to a blender along with the roasted apples until a rustic purée forms. Season to taste.

**6. BRING THE ZING** Smear the apple purée over the plate. Top with the pork belly. Side with the golden carrots, broccoli and crackling. Sprinkle over the chopped parsley and indulge yourself!

## Nutritional Information

Per 100g

Energy	424kJ
Energy	101kcal
Protein	5g
Carbs	7g
of which sugars	3.7g
Fibre	1.9g
Fat	5.4g
of which saturated	2.2g
Sodium	51mg

## Allergens

Dairy, Allium, Sulphites, Alcohol

Cook  
within 2  
Days