



Nigiri-Style Pork Belly

with a cucumber salad & peanut butter dressing

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Strandveld | Pofadderbos Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	1224kJ 293kcal	6694kJ 1601kcal
Protein	6.7g	36.6g
Carbs	15.2g	83.1g
of which sugars	3.2g	17.5g
Fibre	1.4g	7.6g
Fat	22.5g	123.2g
of which saturated	7.5g	41.2g
Sodium	145mg	795mg

Allergens: Sulphites, Peanuts, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: Mild

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 1	Serves 2	
75ml	150ml	Sushi Rice
10g	20g	Peanuts <i>roughly chop</i>
200g	400g	Pork Belly Pieces <i>pat dry & cut into bite-sized pieces</i>
50ml	100ml	Sesame-soy Sauce <i>(20ml [40ml] Low Sodium Soy Sauce, 5ml [10ml] Sesame Oil, 10ml [20ml] Honey & 15ml [30ml] Rice Wine Vinegar)</i>
50g	100g	Cucumber <i>rinse & cut into matchsticks</i>
1	1	Spring Onion <i>rinse, trim & finely slice</i>
50g	100g	Edamame Beans
75g	150g	Shredded Cabbage & Julienne Carrots
10ml	20ml	Peanut Butter
10ml	20ml	Lemon Juice
3g	5g	Fresh Mint <i>rinse, pick & finely slice</i>

1. SUSHI RICE Preheat the oven to 200°C. Rinse the rice until the water runs mostly clear. Place the rice in a pot with 150ml **[300ml]** of salted water, cover with a lid, and let it soak for 10-15 minutes. Bring to a boil over medium heat, then reduce to low, cover, and cook until the water has been absorbed, 10-12 minutes. Remove from the heat and steam for 5-8 minutes. Fluff with a fork and cover.

2. TOAST Place the peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan.

3. PORK BELLY Return the pan to medium-high heat. Add the pork chunks and sear until browned and cooked through (the pork will render its own fat), 6-8 minutes (shifting as they colour).

4. SAUCE MOMENT Place a clean pan over medium heat with sesame-soy sauce, simmer until warmed through, 30-60 seconds and mix in the pork belly until coated. Remove from the heat.

5. SALAD & SOME PREP In a salad bowl, combine the cucumber, spring onion (to taste), edamame beans, cabbage & shredded carrots, a drizzle of olive oil and season. In a small bowl, combine the peanut butter and lemon juice (to taste). Loosen with warm water in 5ml increments until drizzling consistency.

6. FINE DINING Make a bed of the rice, top with the saucy pork belly, and side with the cucumber salad. Drizzle the peanut butter dressing over the cucumber salad and garnish with mint. Well done, Chef!

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel