



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!

Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Adventurous Foodie

 Creation Wines | Creation Chardonnay 2022

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Ingredients & Prep

240g	Carrot <i>rinsed, trimmed & cut into wedges</i>
200g	Pork Belly <i>rind removed & sliced into thick strips</i>
1	Apple <i>½ peeled, cored & cut into wedges</i>
100g	Long-stem Broccoli <i>sliced in half lengthways</i>
3g	Fresh Thyme <i>rinsed & picked</i>
1	Red Onion <i>¼ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
50ml	White Wine
25ml	Fresh Cream
10ml	Chicken Stock
4g	Fresh Parsley <i>rinsed, picked & 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 30-35 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 10-15 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 3-4 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 1-2 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