



WCOOK

Groote Post's Braised Pork Belly

with egg fried rice & charred cauliflower

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Groote Post Winery

Wine Pairing: Groote Post Winery | Groote Post Pinch of Salt Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	1300kJ	6337kJ
Energy	311kcal	1516kcal
Protein	6g	29.3g
Carbs	20g	99g
of which sugars	4.5g	21.7g
Fibre	1.2g	5.8g
Fat	22.4g	109.3g
of which saturated	8g	38.9g
Sodium	207mg	1008mg

Allergens: Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Spice Level: Hot

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Jasmine Rice <i>rinse</i>
15ml	20ml	Black Sesame Seeds
300g	400g	Cauliflower Florets <i>cut into bite-sized pieces</i>
150ml	200ml	Chinese Sauce <i>(60ml [80ml] Low Sodium Soy Sauce, 45ml [60ml] Honey & 45ml [60ml] Rice Wine Vinegar)</i>
15ml	20ml	Chinese 5-spice
30g	40g	Fresh Ginger <i>peel & grate</i>
600g	800g	Pork Belly Pieces <i>cut into bite-sized pieces</i>
2	2	Spring Onions <i>trim & thinly slice</i>
2	2	Fresh Chillies <i>trim, deseed & thinly slice</i>

From Your Kitchen

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

1. FLUFFY RICE Place the rice in a pot with 600ml [800ml] 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 with a lid over medium heat. Toast for 2-3 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside.

3. CHARRED CAULI Return the pan to medium-high heat with a drizzle of oil or a knob of butter. Add the cauliflower pieces and fry for 5-6 minutes until lightly charred. Add a splash of water, cover with the lid, and simmer for 1-2 minutes until al dente. Remove from the pan, season, and cover to keep warm.

4. PERFECT PORK BELLY In a small bowl, combine the Chinese sauce, the Chinese 5-spice, the ginger, and 60ml [80ml] of water. Return the pan to a medium-high heat. Pat the pork belly chunks dry with paper towel. Add the pork chunks and sear for 3-5 minutes per side (the pork will render its own fat) or until browned and cooked through. Reduce the heat to medium, pour the Chinese sauce mix over the pork and simmer for 3-5 minutes until slightly reduced. Remove from the heat, add the cooked cauliflower and toss until well coated. Cover to keep warm.

5. LAY THE FOUNDATION Crack 3 [4] eggs into a bowl. Add seasoning and whisk until combined. Place a clean pan (large enough for the rice) over a medium-high heat with a drizzle of oil. Add the whisked eggs and fry for 1-2 minutes until cooked through and scrambled, shifting constantly. Add the cooked rice, ½ the spring onion, ½ the sesame seeds, and ½ the chilli (to taste). Remove from the heat and season.

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