



Nigiri-Style Pork Belly

with a cucumber salad & peanut butter dressing

Hands-on Time: 45 minutes

Overall Time: 65 minutes

Adventurous Foodie: Serves 3 & 4

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 3	Serves 4	
225g	300ml	Sushi Rice
30g	40g	Peanuts <i>roughly chop</i>
600g	800g	Pork Belly Pieces <i>pat dry & cut into bite-sized pieces</i>
150ml	200ml	Sesame-soy Sauce <i>(60ml [80ml] Low Sodium Soy Sauce, 15ml [20ml] Sesame Oil, 30ml [40ml] Honey & 45ml [60ml] Rice Wine Vinegar)</i>
150g	200g	Cucumber <i>rinse & cut into matchsticks</i>
2	2	Spring Onions <i>rinse, trim & finely slice</i>
150g	200g	Edamame Beans
225g	300g	Shredded Cabbage & Julienne Carrots
30ml	40ml	Peanut Butter
30ml	40ml	Lemon Juice
8g	10g	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 450ml [600ml] 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, 12-15 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, 1-2 minutes 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