



# UCOOK

## Chinese Braised Pork Belly

with egg fried rice & charred broccoli

This dish is a delicious twist on the classic Chinese take-out favourite of egg fried rice & pork. The pork belly is braised in a sweet, savoury & sticky sauce until melt-in-your-mouth tender. Served over a bed of egg fried Jasmine rice & charred broccoli. The result is a dish that is packed with flavour & texture. Ready the chopsticks!

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes


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**Serves:** 1 Person

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**Chef:** Rhea Hsu

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 Adventurous Foodie

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 Sijnn Wines | Sijnn White Blend

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## Ingredients & Prep

|       |   |
|-------|---|
| 100ml | Jasmine Rice<br><i>rinsed</i>   |
| 5ml   | Mixed Sesame Seeds  |
| 150g  | Broccoli Florets<br><i>cut into bite-sized pieces</i>   |
| 35ml  | Chinese Sauce<br><i>(20ml Low Sodium Soy Sauce, 10ml Shaoxing Wine &amp; 5ml Rice Wine Vinegar)</i> |
| 5ml   | Chinese 5-spice   |
| 10g   | Fresh Ginger<br><i>peeled &amp; grated</i>  |
| 200g  | Pork Belly Pieces<br><i>rind removed &amp; cut into bite-sized chunks</i>                           |
| 1     | Spring Onion<br><i>trimmed &amp; thinly sliced</i>  |
| 1     | Fresh Chilli<br><i>trimmed, de-seeded &amp; thinly sliced</i>                                       |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Egg/s  
Paper Towel  
Sugar/Sweetener/Honey

**1. FLUFFY RICE** Place the rinsed rice in a pot with 200ml 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 over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. CHARRED BROCC** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the broccoli pieces until lightly charred, 6-7 minutes (shifting occasionally). Add a splash of water, cover with the lid, and simmer until cooked but still al dente, 1-2 minutes. Remove from the pan, season, and cover.

**4. PERFECT PORK BELLY** In a small bowl, combine the Chinese sauce, the Chinese 5-spice, the grated ginger, 10ml of sweetener, and 20ml of water. Return the pan to medium-high heat. Pat the pork belly chunks dry with paper towel. When the pan is hot, sear the pork chunks until browned and cooked through, 3-5 minutes per side (the pork will render its own fat). Reduce the heat to medium, pour the Chinese sauce mix over the pork and simmer until slightly reduced, 3-5 minutes. Remove from the heat, add the cooked broccoli, toss to coat and cover.

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

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

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 739kj   |
| Energy             | 177kcal |
| Protein            | 9.6g    |
| Carbs              | 16g     |
| of which sugars    | 1g      |
| Fibre              | 1.6g    |
| Fat                | 7.7g    |
| of which saturated | 2.5g    |
| Sodium             | 235mg   |

## Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Alcohol, Soy

Cook  
within 2  
Days