

Eat Within 2 Days

# UCOOK

## Sticky Bourbon Pork Belly

**with mash potatoes & dressed green beans**

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Ropafadzo Zengeni

**Wine Pairing:** Muratie Wine Estate | Muratie Laurens Campher Chenin Blanc

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 1080kJ | 6895kJ |
| Energy | 258kcal | 1649kcal |
| Protein | 5.1g | 32.7g |
| Carbs | 15g | 4g |
| of which sugars | 8g | 50.8g |
| Fibre | 1.4g | 9g |
| Fat | 19.4g | 124g |
| of which saturated | 7.4g | 47g |
| Sodium | 100mg | 642mg |

**Allergens:** Sulphites, Egg, Cow's Milk, Alcohol, Allium

**Spice Level:** None

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|---|---|---|
| 600g | 800g | Potato<br>*rinse, peel & cut into bite-sized pieces* |
| 90ml | 125ml | Grated Italian-style Hard Cheese |
| 90ml | 125ml | Fresh Cream |
| 600g | 800g | Pork Belly Pieces |
| 240ml | 320ml | BBQ Sauce Mix<br>*(45ml [60ml] Bourbon, 45ml [60ml] Maple-Flavoured Syrup , 90ml [120ml] BBQ Sauce & 60ml [80ml] Sugar-Brown )* |
| 240g | 320g | Green Beans<br>*rinse & trim* |
| 2 | 2 | Garlic Cloves<br>*peel & grate* |
| 75ml | 100ml | Vinaigrette<br>*(45ml [60ml] Vinegar & 30ml [40ml] Mustard)* |

## From Your Kitchen

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

1. CREAMY & CHEESE MASH Place the potato in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter, cheese, and cream. Mash with a fork, season, and cover.

2. SEAR THE PORK Place a pan over medium-high heat with a light drizzle of oil. Pat the pork dry with paper towel, cut into bite-sized pieces, and season. When hot, sear the pork until crispy, golden brown, and cooked through, 12-15 minutes (shifting occasionally). Remove from the pan, reserving any rendered fat.

3. BBQ & BOURBON SAUCE Return the pan to medium heat without any oil. Add the pork belly pieces and BBQ sauce mix. Simmer until reduced and sticky, 6-8 minutes. Remove from the pan with any pan juices.

4. GREEN BEANS Place a pan over medium-high heat with a drizzle of the reserved rendered fat. When hot, fry the green beans until starting to char, 4-5 minutes (shifting constantly). In the final minute, add the garlic. Remove from the pan, coat with the vinaigrette, and season.

5. TA-DA! Bowl up the creamy cheese mashed potatoes, top with the sticky bourbon pork, and drizzle over any remaining sauce on top. Place the green beans alongside. Dinner is ready, well done, Chef!

**Chef's Tip** If you have a hand mixer, you can use it to mash your potatoes. Mix on a low speed until smooth and creamy, being careful not to overmix. This will quickly create smooth and fluffy mashed potatoes.