



UCOOK

5-Spice Pork Belly & Peanut Brittle

with roasted butternut & pak choi


Pork belly is marinated in soy sauce, ginger and Chinese 5-spice before being seared and roasted. It is served with a divine honey, peanut & sesame seed brittle for crunch, sweetness and pizzazz! Sided with sesame oil-infused roasted butternut and tender pak choi, what could be better?


Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Jeannette Joynt

 Adventurous Foodie

 Boschendal | 1685 Chardonnay

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Ingredients & Prep

250g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
5ml	Sesame Oil
5ml	Low Sodium Soy Sauce
10g	Fresh Ginger <i>peeled & grated</i>
2,5ml	Chinese 5-Spice
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
200g	Pork Belly <i>rind removed (see Chef's Tip)</i>
10ml	Honey
10ml	White Sesame Seeds
15g	Peanuts <i>roughly chopped</i>
100g	Pak Choi <i>rinsed, trimmed at the base & leaves separated</i>
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Paper Towel

1. YOU BUTTERNUT ORDER TAKEOUT Preheat the oven to 200°C. Place the butternut chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 25-30 minutes. At the halfway mark, remove the tray from the oven and add the sesame oil. Toss until fully coated and return to the oven to roast for the remaining time. On completion, the butternut should be cooked through and crisping up.

2. MARINATION STATION In a bowl, combine the soy sauce, the grated ginger, the Chinese 5-spice, the spring onion whites, 50ml of water, and seasoning. Add the pork belly and toss until fully coated. Set aside to marinate for at least 10 minutes.

3. HEY, HONEY! Thoroughly grease a flat tray or dish. Place a small pan over a medium heat. Add the honey and allow to bubble for 2 minutes or until foamy and darker in colour, swirling the pan occasionally. Don't let it cook for too long, or it'll burn! Remove the pan from the heat and stir in 1 tsp of butter – be careful, it'll be hot. Working quickly, mix in the sesame seeds and the chopped peanuts until coated. Evenly pour onto the greased tray, sprinkle with salt, and pop into the fridge to cool for at least 15-20 minutes. Once cooled, remove from the fridge and break up into small pieces.

4. PERFECT PORK Place a nonstick pan, with a lid, over a medium-high heat with a drizzle of oil. When hot, add the marinated pork belly, reserving the marinade in the bowl, and sear for 3-5 minutes, flipping halfway, until browned. On completion, remove from the pan and place on a greased baking tray. Roast in the hot oven for 6-8 minutes until cooked through and golden. Return the pan to a medium-high heat with the reserved marinade. Simmer for 1-3 minutes until slightly reduced. Loosen with a splash of water, if necessary. Remove from the pan on completion.

5. A PAK ON THE BACK Return the pan to a medium heat with a splash of water. When hot, add the trimmed pak choi. Cover with the lid, and steam for 3-5 minutes until wilted. Drain on some paper towel and season.

6. BELLY OF THE FEAST! Plate up the golden pork belly. Drizzle over the marinade and sprinkle over the peanut & sesame brittle pieces. Side with the sesame oil roasted butternut and the tender pak choi. Sprinkle over the spring onion greens and the chopped coriander. Wow, Chef!



Chef's Tip

Remove the rind from the pork belly using a sharp knife. Cut it into strips and roast in the hot oven for delicious crackling!

Nutritional Information

Per 100g

Energy	584kJ
Energy	139Kcal
Protein	7.4g
Carbs	8g
of which sugars	3.3g
Fibre	1.5g
Fat	8.3g
of which saturated	2.4g
Sodium	72mg

Allergens

Gluten, Allium, Sesame, Peanuts, Wheat

Cook
within 2
Days