



## Chinese braised pork with double spring onions

 Gluten Free  Dairy Free

READY IN



165 min.

SERVINGS



4

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 pieces boston butt pork shoulder ( 850kg 1lb 14oz)
- 1 tbsp olive oil
- 250 ml rice wine dry
- 100 g ginger finely sliced
- 2 garlic clove sliced
- 12 spring onion
- 1 pepper dried red good for kashmiri chillies for a flavour (look )

- 500 ml vegetable stock
- 1 tbsp miso
- 2 tbsp soya sauce
- 4 servings rice steamed

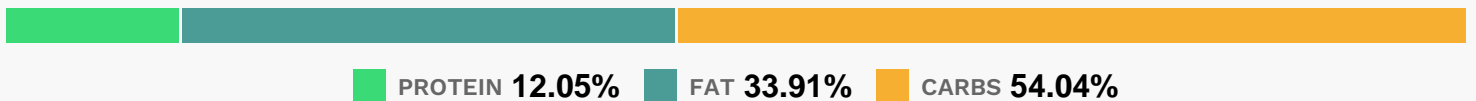
## Equipment

- frying pan
- oven
- casserole dish

## Directions

- Heat oven to 190C/170C fan/gas
- Brown the pork on both sides in the oil, then transfer it to a large casserole dish. Deglaze the pan you used for browning with the rice wine or Sherry and add it to the casserole.
- Add the ginger and garlic. Trim the ends off the 8 fat spring onions and add these to the pan whole along with the chilli, stock, miso paste (if using) and soy sauce. Bring everything to a simmer, then cover and put the casserole in the oven for 2 hrs.
- Remove the lid from the casserole and cook for a further 20 mins. Chop the 4 thinner spring onions and add them to the casserole just before serving with steamed rice and bok choy.

## Nutrition Facts



## Properties

Glycemic Index:64.8, Glycemic Load:3.06, Inflammation Score:-7, Nutrition Score:8.2439129436794%

## Flavonoids

Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

## Nutrients (% of daily need)

Calories: 174.88kcal (8.74%), Fat: 4.11g (6.32%), Saturated Fat: 0.62g (3.86%), Carbohydrates: 14.73g (4.91%), Net Carbohydrates: 12.94g (4.71%), Sugar: 2.75g (3.06%), Cholesterol: 0.67mg (0.22%), Sodium: 1169.73mg (50.86%), Alcohol: 10.21g (100%), Alcohol %: 4.81% (100%), Protein: 3.29g (6.57%), Vitamin K: 77.95µg (74.24%), Vitamin A: 634.69IU (12.69%), Manganese: 0.23mg (11.64%), Vitamin C: 8.49mg (10.3%), Potassium: 258.06mg (7.37%), Fiber: 1.79g (7.16%), Folate: 28.4µg (7.1%), Magnesium: 28.27mg (7.07%), Copper: 0.13mg (6.5%), Iron: 1.14mg (6.31%), Vitamin B6: 0.11mg (5.67%), Vitamin E: 0.78mg (5.2%), Phosphorus: 49.62mg (4.96%), Vitamin B3: 0.84mg (4.21%), Calcium: 40.57mg (4.06%), Vitamin B2: 0.07mg (3.91%), Selenium: 2.31µg (3.3%), Vitamin B1: 0.05mg (3.21%), Zinc: 0.45mg (2.98%), Vitamin B5: 0.15mg (1.53%)