



Chorizo, pork belly & chickpea casserole



Gluten Free



Dairy Free



Popular

READY IN



170 min.

SERVINGS



4

CALORIES



1238 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 700 g pork belly boneless skinless cut into large bite-sized chunks
- ☐ 100 g chorizo sliced into thin rounds
- ☐ 1 large onion chopped
- ☐ 1 large carrots finely chopped
- ☐ 1 tsp fennel seeds
- ☐ 1 small pinch pepper dried
- ☐ 2 garlic clove

- ☐ 4 bay leaf fresh
- ☐ 1 sprig thyme leaves
- ☐ 1 large pinch brown sugar
- ☐ 1 tbsp tomato purée
- ☐ 50 ml red wine vinegar
- ☐ 400 g canned tomatoes chopped canned tinned
- ☐ 400 g chickpeas drained and rinsed canned tinned
- ☐ 4 servings parsley fresh chopped

Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Heat the oven to 160C/140C fan/gas
- ☐ Heat the oil in a casserole dish with a lid and spend a good 10 mins browning the pork on all sides. If your casserole dish isnt wide enough to fit the pork in a single layer then brown it in batches. Scoop the pork out and set aside then add the chorizo and sizzle for a minute.
- ☐ Add the vegetables, fennel seeds, chilli flakes, garlic and herbs and cook for about 5 mins until the vegetables are soft and just starting to colour.
- ☐ Sprinkle over the sugar and stir in the tomato pure then splash in the vinegar and bubble for a moment. Tip in the tomatoes and a can of water. Stir the pork and juices into the sauce, season with salt and pepper and bring to a simmer.
- ☐ Cover the dish with a lid and place in the oven for 1 hr 45 mins, checking occasionally and if the sauce becomes too thick add a splash more water.
- ☐ Remove the pan from the oven and stir in the chickpeas and return to the oven for 15 mins.
- ☐ Remove again and leave to cool slightly so its not scorching hot then stir through the parsley. Taste for seasoning and serve with crusty bread or boiled potatoes.

Nutrition Facts



Properties

Glycemic Index:68.15, Glycemic Load:8.69, Inflammation Score:-10, Nutrition Score:34.94086953868%

Flavonoids

Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 7.85mg, Quercetin: 7.85mg, Quercetin: 7.85mg, Quercetin: 7.85mg

Nutrients (% of daily need)

Calories: 1238.15kcal (61.91%), Fat: 105.16g (161.78%), Saturated Fat: 36.89g (230.55%), Carbohydrates: 41.74g (13.91%), Net Carbohydrates: 30.59g (11.12%), Sugar: 12.13g (13.48%), Cholesterol: 141.63mg (47.21%), Sodium: 214.83mg (9.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.83g (63.66%), Vitamin K: 79.72µg (75.92%), Vitamin A: 3740.26IU (74.81%), Manganese: 1.39mg (69.37%), Vitamin B1: 0.92mg (61.52%), Vitamin B3: 10.26mg (51.31%), Folate: 204.16µg (51.04%), Fiber: 11.15g (44.6%), Phosphorus: 416.3mg (41.63%), Iron: 6.32mg (35.12%), Copper: 0.68mg (33.97%), Vitamin B2: 0.57mg (33.61%), Vitamin B6: 0.62mg (30.96%), Potassium: 1082.14mg (30.92%), Selenium: 18.76µg (26.8%), Vitamin C: 21.69mg (26.29%), Zinc: 3.8mg (25.32%), Vitamin B12: 1.47µg (24.5%), Magnesium: 87.21mg (21.8%), Vitamin E: 3.03mg (20.22%), Calcium: 124.18mg (12.42%), Vitamin B5: 1.15mg (11.51%)