



Red braised ginger pork belly with pickled chillies



Gluten Free



Dairy Free

READY IN



145 min.

SERVINGS



6

CALORIES



2496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 kg pork belly cut into 5cm pieces
- ☐ 1 tbsp soya sauce dark
- ☐ 200 ml rice wine
- ☐ 2 tbsp vegetable oil
- ☐ 2 garlic clove thinly sliced
- ☐ 1 piece ginger cut into matchsticks
- ☐ 1 pinch pepper

- ☐ 100 ml vinegar black chinese (available from Waitrose)
- ☐ 140 g brown sugar soft
- ☐ 700 ml vegetable stock
- ☐ 6 servings sesame seed toasted
- ☐ 6 servings spring onion sliced
- ☐ 2 rice vinegar drained sliced for 1 hr, then
- ☐ 6 servings rice white steamed

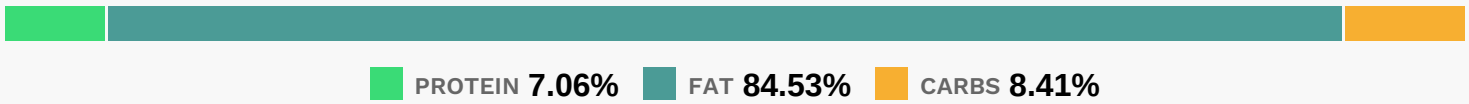
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Toss the pork with the soy and 1 tbsp of the rice wine. Leave for 1 hr or, even better, overnight in the fridge.
- ☐ Heat some of the oil in a medium heavy-based saucepan. Brown the meat, in batches, on both sides and set aside.
- ☐ Add a little more oil and cook the garlic, ginger and chilli for 2-3 mins until golden.
- ☐ Pour the vinegar, remaining rice wine, sugar and stock into the pan and bring to the boil.
- ☐ Add the pork, then turn down the heat, cover and simmer for 2 hrs or until the meat is tender. For the final 30 mins, remove the lid, increase the heat and let the liquid reduce until thick and syrupy.
- ☐ Serve scattered with the sesame seeds, spring onions and sliced chillies, with rice.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:25.14, Inflammation Score:-3, Nutrition Score:31.201304373534%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 2496.2kcal (124.81%), Fat: 229.63g (353.28%), Saturated Fat: 81.86g (511.6%), Carbohydrates: 51.36g (17.12%), Net Carbohydrates: 49.87g (18.13%), Sugar: 23.91g (26.57%), Cholesterol: 300mg (100%), Sodium: 775.25mg (33.71%), Alcohol: 5.44g (100%), Alcohol %: 0.97% (100%), Protein: 43.17g (86.34%), Vitamin B1: 1.74mg (115.77%), Vitamin B3: 20.23mg (101.17%), Vitamin B2: 1.05mg (61.73%), Selenium: 43.07µg (61.53%), Vitamin B12: 3.5µg (58.33%), Phosphorus: 546.08mg (54.61%), Vitamin B6: 0.71mg (35.61%), Zinc: 5.33mg (35.5%), Manganese: 0.66mg (33.2%), Copper: 0.63mg (31.38%), Potassium: 907.87mg (25.94%), Iron: 3.88mg (21.56%), Vitamin K: 20.79µg (19.8%), Magnesium: 61.72mg (15.43%), Vitamin B5: 1.43mg (14.34%), Vitamin E: 2.09mg (13.94%), Calcium: 135.86mg (13.59%), Vitamin A: 354.07IU (7.08%), Fiber: 1.49g (5.96%), Folate: 19.07µg (4.77%), Vitamin C: 2.75mg (3.33%)