



## Rolled pork belly with herby apricot & honey stuffing

 Dairy Free

READY IN



215 min.

SERVINGS



6

CALORIES



1378 kcal

### Ingredients

- ☐ 4 tbsp olive oil
- ☐ 1 onion chopped
- ☐ 1 piece ¼kg pork belly
- ☐ 1 small bunch parsley chopped
- ☐ 1 small handful thyme leaves leaves picked
- ☐ 10 sage leaves chopped
- ☐ 50 g breadcrumb fresh
- ☐ 140 g apricots dried chopped

- ☐ 1 tbsp flaky sea salt
- ☐ 2 tbsp clear honey

## Equipment

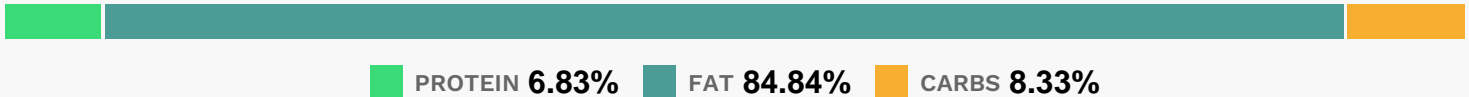
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ grill
- ☐ aluminum foil
- ☐ kitchen twine

## Directions

- ☐ Heat 1 tbsp of the oil in a small frying pan.
- ☐ Add the onion and cook for 10 mins until golden. Trim off about 100g of the pork, from the meaty side but if the butcher has left a chunk of meat on one side where the ribs have been removed, leave this on as it will help you roll it. Whizz the pork trimmings in a food processor, then tip into a bowl with the herbs, breadcrumbs, apricots, onion and 2 tbsp oil, season and mix well.
- ☐ Turn the pork belly skin-side up. Using a sharp knife or Stanley knife, score the skin at 1cm intervals and rub the sea salt all over. Turn the pork belly over and season a little more, then brush the honey over the flesh.
- ☐ Lay the stuffing down the centre, then bring the 2 ends together and roll tightly. Flip the pork over so the ends meet underneath. Tie the rolled pork with kitchen string to secure.
- ☐ Put the meat on a wire rack in a roasting tin and transfer to the fridge, uncovered for a few hrs or up to 24 hrs, so the skin has time to dry out and the meat takes on the flavours from the stuffing.
- ☐ Heat oven to 220C/180C fan/gas

- ☐
- Rub the pork with the remaining oil and a little more sea salt. Roast in the centre of the oven for 30 mins. Turn the oven down to 180C/160C fan/gas 4 and continue cooking for 2 hrs. Finally, turn the oven back up to 220C/200C fan/gas 7 to crisp up the skin for another 30 mins dont worry if your pork looks dark on the outside, it will still be juicy and delicious in the middle.
- ☐
- Remove from the oven, cover with foil and leave to rest for 45 mins before carving. If your skin does not turn crispy, pop the joint under a hot grill for a few mins, rolling it onto its side to get the sides nice and crispy too just keep an eye on it as it will burn easily.

## Nutrition Facts



### Properties

Glycemic Index:31.61, Glycemic Load:7.8, Inflammation Score:-8, Nutrition Score:24.983043484066%

### Flavonoids

Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

### Nutrients (% of daily need)

Calories: 1378.09kcal (68.9%), Fat: 130.15g (200.23%), Saturated Fat: 45.23g (282.69%), Carbohydrates: 28.74g (9.58%), Net Carbohydrates: 25.99g (9.45%), Sugar: 19.58g (21.76%), Cholesterol: 163.2mg (54.4%), Sodium: 1305.15mg (56.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.59g (47.18%), Vitamin K: 162.77µg (155.01%), Vitamin B1: 1mg (66.57%), Vitamin B3: 11.85mg (59.24%), Vitamin B2: 0.62mg (36.3%), Vitamin A: 1672.17IU (33.44%), Vitamin B12: 1.93µg (32.22%), Selenium: 20.91µg (29.87%), Phosphorus: 286.42mg (28.64%), Potassium: 791.01mg (22.6%), Copper: 0.45mg (22.49%), Vitamin E: 3.32mg (22.13%), Vitamin B6: 0.37mg (18.55%), Vitamin C: 15.21mg (18.43%), Zinc: 2.68mg (17.86%), Iron: 2.96mg (16.43%), Fiber: 2.75g (10.98%), Manganese: 0.2mg (10.1%), Vitamin B5: 0.81mg (8.13%), Folate: 31.66µg (7.91%), Magnesium: 27.25mg (6.81%), Calcium: 59.1mg (5.91%)