



WHATSheATE



Slow-roast pork belly with celeriac & pear mash

 Gluten Free

READY IN



170 min.

SERVINGS



4

CALORIES



2235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 kg pork belly
- ☐ 3 rosemary
- ☐ 2 tsp sea salt
- ☐ 10 peppercorns black
- ☐ 4 servings broccoli steamed
- ☐ 750 g celery root cubed
- ☐ 1 large potatoes cubed

- ☐ 2 pears ripe cubed peeled
- ☐ 3 tbsp double cream
- ☐ 1 large knob butter

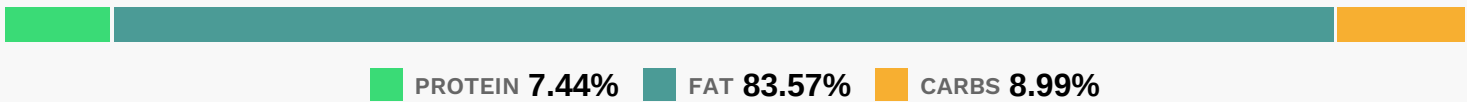
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mortar and pestle
- ☐ potato ricer

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Take the pork out of the fridge and pat the skin dry.
- ☐ Put the rosemary leaves, salt and pepper in a mini chopper and grind together (or do this with a mortar and pestle). Rub the rosemary salt all over the pork, making sure it gets into the cuts in the skin. Sit the pork in a large roasting tin, ideally on a rack, and roast for 30 mins.
- ☐ Reduce heat to 170C/150 fan/gas 3 and roast for 1 hrs more. Turn oven back up to 220C/200C fan/gas 7 and roast for 20–30 mins to crisp. Leave to rest on a board for 10 mins before carving.
- ☐ When the pork is nearly ready to come out, put the celeriac and potato in a large pan of water, bring to the boil and cook for 10 mins until just tender.
- ☐ Add the pears and cook for 2 mins more.
- ☐ Drain well, then mash until smooth a mouli or potato ricer does this job best. Beat in a splash of cream and some butter, and serve with the pork and broccoli.

Nutrition Facts



Properties

Glycemic Index:84.88, Glycemic Load:21.22, Inflammation Score:-7, Nutrition Score:43.964782766674%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Apigenin: 4.52mg, Apigenin: 4.52mg, Apigenin: 4.52mg, Apigenin: 4.52mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 4.19mg, Kaempferol: 4.19mg, Kaempferol: 4.19mg, Kaempferol: 4.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 2234.74kcal (111.74%), Fat: 208.06g (320.09%), Saturated Fat: 78.02g (487.65%), Carbohydrates: 50.35g (16.78%), Net Carbohydrates: 40.94g (14.89%), Sugar: 13.48g (14.98%), Cholesterol: 294mg (98%), Sodium: 1528.07mg (66.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.66g (83.31%), Vitamin K: 128.56µg (122.44%), Vitamin B1: 1.7mg (113.18%), Vitamin B3: 20.15mg (100.74%), Vitamin C: 77.49mg (93.92%), Phosphorus: 721.16mg (72.12%), Vitamin B2: 1.15mg (67.52%), Vitamin B6: 1.18mg (58.9%), Potassium: 1903.13mg (54.38%), Vitamin B12: 3.18µg (52.95%), Selenium: 33.19µg (47.41%), Fiber: 9.4g (37.61%), Zinc: 5.02mg (33.47%), Manganese: 0.63mg (31.57%), Copper: 0.53mg (26.31%), Iron: 4.53mg (25.18%), Magnesium: 90.7mg (22.68%), Vitamin B5: 2.23mg (22.27%), Vitamin E: 2.82mg (18.83%), Folate: 68.34µg (17.09%), Calcium: 150.61mg (15.06%), Vitamin A: 636IU (12.72%), Vitamin D: 0.18µg (1.2%)