

Roasted Pork Belly

Serves: 1

Prep time: 20 minutes

Cooking time: 1.5 hours

Ingredients:

- 250g-300g piece of pork belly
- ¼ cup olive oil
- 1-2 tablespoons salt
- vegetables of choice
- potato
- pumpkin
- sweet potato
- carrot
- onion
- greens
- apple + 1 teaspoon sugar
- gravy



Crispy crackling pork

Method:

- Dry the pork by unwrapping, pat dry and leave in fridge uncovered, overnight
 - **Preheat oven 200°**
 - Remove the pork from fridge, rub the oil and salt into the skin of the pork, place pork in a roasting pan and place in preheated oven for 30-35 minutes, until it starts to blister the skin, (not burn)
 - Meanwhile prepare the vegetables **except greens** for roasting
 - Peel potato, cut in half and place in boiling water, bring the water back to boil for 3-4 minutes, till just fork tender. Pat dry and drizzle with a little oil. Peel remaining vegetables, cut into bite size pieces and place on roasting tray, drizzle with a little oil
 - **Turn oven down to 180°**
 - Place vegetables in oven with the pork and cook for 35-40 minutes *
 - **Remove the pork** and set aside to rest while you cook your greens
 - ***Test roasting vegetables** by piecing with a fork, they may need to cook for a further 5-10 minutes depending on size
 - **Meanwhile** prepare to cook your greens and steam for 8-10 minutes, till cooked to your liking
 - Peel and cut apple into small pieces, sprinkle with a little sugar and cook in microwave for 4-5 minutes, stir and slightly mash
- Serve** pork with vegetables, gravy and apple sauce,
Note: I used ready made gravy