



BBQ PORK BELLY & APPLE SLAW WITH CHIPS

INGREDIENTS

- Apple
- Spring Onion
- Carrots
- Potatoes (1person=2 / 2person=4 and so on)
- Pork Belly

PREP TIME: 50-60 MINS

**SPECIAL EQUIPMENT:
TIN FOIL**

- White Wine Vinegar
- Cider Vinegar
- Mayonnaise
- Tomato Ketchup
- Relish

DIRECTIONS

1

Preheat the oven to 200°C / 180°C (Fan) / Gas 6. Pat the **pork belly** dry with kitchen paper and score the fatty side of the **pork belly** with a criss-cross pattern by drawing a sharp knife through the skin. Season with a very generous pinch of **salt** and rub it in deep into the criss-cross pattern.

2

Heat a large wide-based pan over a very high heat. Once very hot, add the **pork belly**, fat side down and cook for 4 mins or until coloured and crispy, then flip and cook for 2 mins on the other side. Once done, transfer the **pork** to a **tin foil** lined baking tray and put the tray in the oven for 40 minutes.

3

Cut your potatoes (leave the skins on) into **chips**, add the **chips** to a baking tray and drizzle with vegetable oil and a generous pinch of salt. Put the tray in the oven for 30-35 minutes or until the **chips** are cooked through and crisp.

4

Meanwhile, combine the **tomato ketchup**, **Relish** and **Cider Vinegar** with 1 or 2 teaspoons of sugar in a small bowl to create your **BBQ Sauce**. Top tail and slice the **spring onion(s)**, grate the **carrots** (no need to peel) and cut the **apple(s)** (skins on) into matchsticks.

5

Add the **apple matchsticks**, **grated carrots** and **sliced spring onion** to a large bowl. Add the **mayonnaise**, **white wine vinegar** and a generous pinch of **salt**. Stir everything together to create your **slaw**.

6

Once the **pork** has had 40 mins, remove the tray from the oven and spoon over the **BBQ Sauce**. - Return the tray to the oven for 5 - 7 mins.

7

Once done, remove the **pork** from the oven and finely slice. Serve with the **slaw** and **chips** and drizzle any remaining **BBQ sauce** over the **sliced pork belly**.