



Crispy Pork Belly Bowl

(serves 6)

Ingredients

1kg pork belly, scored about a cm apart

½ teaspoon ground ginger

1 teaspoon fennel seeds

2 tablespoons olive oil

2 tablespoons sea salt flakes

2 tablespoons rice wine vinegar

2 tablespoons light soy sauce

1 teaspoon sesame oil

1 birdseye chilli, finely chopped (and deseeded if you don't like much heat)

3 cups cooked brown rice

2 bunches broccolini

6 pink radishes, thinly sliced

6 wine radishes, thinly sliced



Method

1. Preheat the oven to 160C for a fan forced oven. Place a wire rack in an oven tray. Place the pork belly on the rack skin side up and add the ginger, fennel seeds, olive oil and salt flakes. Rub it all over the pork belly, ensuring plenty of salt gets into the skin – this is what makes a good crackling!
2. Place the pork belly skin side down and cook for about 1 ½ hours.
3. Increase the heat to 200C degrees, turn over the pork belly so that it is now skin side up and cook for a further 45 minutes or until the crackling has come up good and super crunchy! Take out of the oven and allow to rest for 15 minutes before slicing in line with the crackling lines.
4. To make the dressing, combine the rice wine vinegar, light soy sauce, sesame oil and chilli in a small bowl and set aside.
5. Place about 4 cups of water in a medium saucepan and bring to the boil. Add the broccolini and, once it comes back to a boil, cook for one minute before draining well and setting aside.
6. To assemble, divide the rice between the bowls. Add the pork belly portions to the middle of the bowls and the broccolini and radishes to the sides. Drizzle a little of the dressing over everything. Place the extra dressing in a small bowl to use as a dipping sauce for the pork. Enjoy!