

SERVES 4



ROASTED PORK BELLY WITH CARAWAY & GARLIC

INGREDIENTS

4 x 250g pork belly portions
(ask your butcher to portion)
2 tsp caraway seeds

2 tsp crushed fresh garlic
Salt and black pepper to taste

METHOD

Pre-heat oven to 180 C.
Remove skin from pork belly pieces (this recipe will not crisp skin to become crackling).
Mix salt, pepper and caraway seeds- massage into the pork pieces.
Rub the crushed garlic over the meat.
Cut 4 pieces of Twinsaver Heavy Foil (around 35cm).
Place pork belly pieces in foil parcels.
Cook for about 40 min.
Serve with coleslaw and apple sauce.

COOKING TIP: Serve with acidic vegetables like coleslaw or beetroot to cut through the fattiness.