



**READY TO COOK**  
BY HARRIS FARM

# ROASTED PORK BELLY W/ SAFFRON CANNELLINI BEANS, FENNEL AND ROASTED TOMATOES



PREP  
**15 min**



COOK  
**3½ min**



SERVES  
**4**

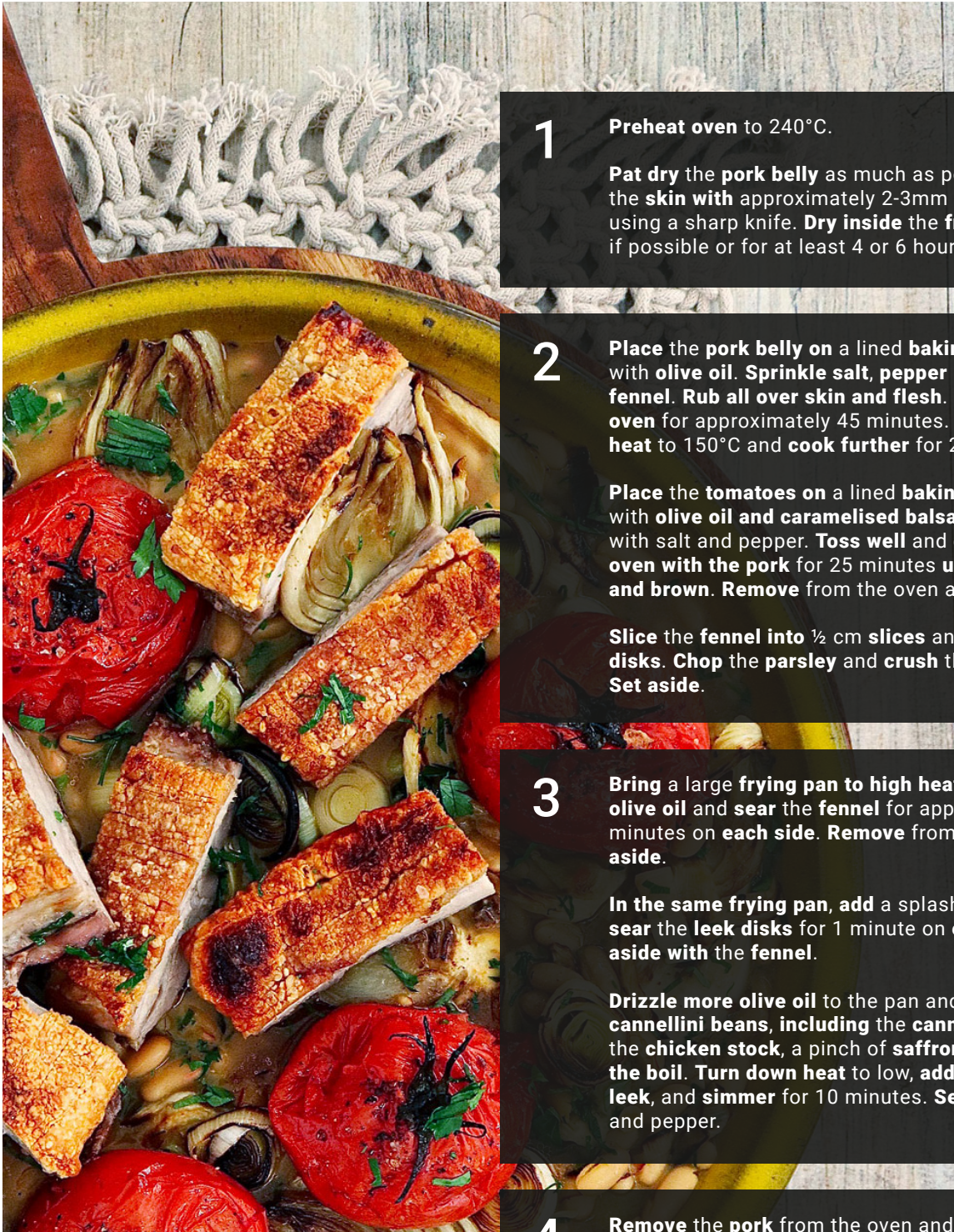
## INGREDIENTS:

- > 600-800g Pork Belly
- > 400g Cannellini Beans
- > 4 Large Truss Tomatoes
- > ½ Bunch Parsley
- > 200g Fennel
- > 1 Leek
- > 2 Garlic Cloves

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > 1 Tbsp Balsamic Vinegar
- > Salt and Pepper
- > 1 Cup of Chicken Stock or Water
- > 1 Tsp Ground Fennel
- > 1 Pinch Saffron

# METHOD – GET COOKING!



1

**Preheat oven** to 240°C.

**Pat dry** the **pork belly** as much as possible. **Score** the **skin** with approximately 2-3mm **deep slices** using a sharp knife. **Dry inside** the **fridge** overnight, if possible or for at least 4 or 6 hours.

2

**Place** the **pork belly** on a lined **baking tray**. **Drizzle** with **olive oil**. **Sprinkle salt, pepper** and **ground fennel**. **Rub all over skin and flesh**. **Cook in** the **oven** for approximately 45 minutes. **Turn down** the **heat** to 150°C and **cook further** for 2½ hours.

**Place** the **tomatoes** on a lined **baking tray**. **Drizzle** with **olive oil** and **caramelised balsamic**. **Season** with salt and pepper. **Toss well** and **cook in** the **oven** with the **pork** for 25 minutes **until softened and brown**. **Remove** from the oven and **set aside**.

**Slice** the **fennel** into ½ cm **slices** and **leek** into 1cm **disks**. **Chop** the **parsley** and **crush** the **garlic** **cloves**. **Set aside**.

3

**Bring** a large **frying pan** to **high heat**, **drizzle** with **olive oil** and **sear** the **fennel** for approximately 1-2 minutes on **each side**. **Remove** from pan and **set aside**.

**In the same frying pan**, add a splash of **olive oil** and **sear** the **leek disks** for 1 minute on **each side**. **Set aside** with the **fennel**.

**Drizzle more olive oil** to the pan and then **add** the **cannellini beans**, including the **canned water**. **Add** the **chicken stock**, a pinch of **saffron** and **bring to the boil**. **Turn down** heat to low, **add** the **fennel** and **leek**, and **simmer** for 10 minutes. **Season** with salt and pepper.

4

**Remove** the **pork** from the oven and **serve warm** with **cannellini beans**, **fennel**, **leek** and **roasted tomatoes**. **Finish** with a **sprinkle** of **parsley**.

## CHEF'S TIPS FOR COOKING AND LEFTOVER...

- For better results on the crackling, it is best to pat dry the pork belly and leave uncovered overnight.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



## FEEDBACK OR QUESTIONS?

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