



Slow-Cooked Pork Belly

Servings: 6

Prep Time: 4hr

Cook Time: 3hr

Ingredients

- 30g chipotle seasoning (try Woolworths)
- 2 tbsp honey
- 1 tbsp olive or avocado oil
- 1 tbsp sea salt
- 1.3kg pork belly
- 2 sprigs each fresh thyme and rosemary
- 2 garlic cloves, bruised
- 250ml cider or chicken stock

Directions

1. Mix together the chipotle rub, honey, oil and salt. Rub over the pork and place on top of the herbs and garlic on the base of a foil-lined baking dish. Chill for 4 hr.
2. Heat the oven to 140°C. Pour the cider around the meat, cover with foil and roast for 2½ hr. Remove from the oven, cut away the skin and place under a grill on high until crisp. Cover the meat and leave to rest for 20 min.