



# Pancetta with Asian marinade

10'  
Hands on

3 hours'  
Hands off

20'  
Cook Time

6  
Portion(s)

1  
Difficulty



## Ingredients

- 12 pork belly, boneless
- 2 tablespoon(s) parsley, finely chopped
- pepper, fresh

For the marinade

- 120 g hoisin sauce
- 120 g soy sauce
- 30 g apple cider vinegar
- 100 g honey
- 2 tablespoon(s) brown sugar
- 2 clove(s) of garlic, finely chopped
- 1 teaspoon(s) [5-spices mix](#)

## Διατροφικός πίνακας

Nutrition information per portion

361 Calories (kcal)	5.8 Total Fat (g)	1.9 Saturated Fat (g)	29.0 Total Carbs (g)
18%	8%	10%	11%
26.0 Sugars (g)	42.0 Protein (g)	0.8 Fibre (g)	4.1 Sodium (g)
29%	84%	3%	68%

## Method

- Mix all of the ingredients for the marinade and keep  $\frac{1}{4}$  of it in a [pot](#) to use later as glaze.
- Place half of the marinade into a wide [bowl](#). Place the pancetta there and mix so that the marinade spreads.
- Refrigerate them (3 hours to throughout the night) so that they are aromatized and have a great flavor.
- Remove pancetta from the bowl and pat them with paper towel to remove excess marinade.
- Prepare the barbecue or the [grill pan](#) and cook the pancetta for 15-20 minutes over medium heat.
- Each time you turn them over, brush them with the marinade you have kept.
- Prepare the glaze.
- Place the pot with the marinade you have set aside over medium to low heat. When it comes to a boil, let it boil for 5-8 more minutes (careful not to burn it) until it is slightly thickened.
- Pour the glaze over the pancetta, sprinkle with finely chopped parsley and fresh pepper, and serve.

## Tip

The ingredients might be hard to find but trust me, it's worth the effort! The perfect side dish for this recipe is roasted vegetables.