



# Pork belly sandwich

35'  
Hands on

180'  
Cook Time

4-6  
Portion(s)

1  
Difficulty



## Method

### For the pork belly

- Preheat the oven to 180° C (350° F) set to fan.
- Put the pork belly in a [baking pan](#) and add the garlic grated, the spice mix, the chili flakes, the soy sauce, salt, pepper and spread them over the whole surface of the pork belly.
- Ideally, you can refrigerate it, covered with plastic wrap, for 3 hours.
- Transfer to a baking pan with a rack, cover with aluminum foil and roast for 2 hours. Uncover and roast for 30 minutes.

### For the glaze

- Place a [saucepan](#) over medium heat and add the soy sauce, the honey, the balsamic cream, and stir well.
- Let it boil for 2-3 minutes until there is a thick sauce that will stick onto the pork belly.
- Remove the pork belly from the oven and spread the glaze over its whole surface with a pastry brush.
- Roast for 10-30 more minutes.

### To assemble

- Place a [frying pan](#) over high heat and add the olive oil.
- Add the bread slices to toast them on both sides. Remove and transfer them to your working surface.
- Spread the mustard over the two slices and divide the coleslaw.
- Cut the pork belly into very thin slices and divide them among the two bread slices.
- Cover with the bread slices and serve with French fries.

## Ingredients

### For the pork belly

- 1 1/2 kilo pork belly, boneless
- 3 clove(s) of garlic
- 3 tablespoon(s) [5-spices mix](#)
- 1 tablespoon(s) chili flakes
- 50 g soy sauce
- salt
- pepper

### For the glaze

- 50 g soy sauce
- 3-4 tablespoon(s) honey
- 50 g balsamic cream

### To assemble

- 500 g bread, slices
- 1 tablespoon(s) olive oil
- 1 tablespoon(s) mustard
- 150 g [coleslaw salad](#)

### To serve

- [French fries](#)

## Διατροφικός πίνακας

### Nutrition information per portion

930 Calories (kcal)	52.0 Total Fat (g)	16.0 Saturated Fat (g)	54.0 Total Carbs (g)
47%	74%	80%	21%
16.0 Sugars (g)	58.0 Protein (g)	3.2 Fibre (g)	6.2 Sodium (g)
18%	116%	13%	103%