

Chef's table...

Honey Glazed Pork Belly with Sauteed Spring Greens and Minted Yoghurt

The second chef to step up to our 'Feed your family on a budget' challenge is Matt the chef from Russells in Broadway. He came up with this delicious recipe using seasonal food, all available at Warner's Budgens Broadway.

Ingredients

4 thick slices Pork Belly
Salt and Pepper
Olive Oil

2 Tablespoons of Clear Honey
1 Tablespoon Dark Soy Sauce

3 Heads of Spring Greens - shredded
1 Bunch of Spring Onions - sliced
2 Cloves Garlic - sliced
1 Red Pepper - thinly sliced
1 Carrot - peeled and thinly sliced
Pinch of Dried Chilli Flakes
Pinch Sesame Seeds
Fresh Parsley - chopped
Fresh Coriander - chopped

125ml Natural Yoghurt
Juice of ½ Lime
½ Bunch of Mint - chopped

Method

Lay pork belly slices on an oven tray, brush with olive oil, season with salt and pepper, cook in low oven until very tender, approximately 1 ½ hrs. 15 minutes before the end of cooking, mix honey and soy, brush over pork and put back in the oven to glaze.

In a hot pan, add olive oil, pepper, carrot and garlic. Sauté until soft, add washed spring greens, chilli, salt and pepper. Sauté for a few minutes, keeping the greens crisp. Add sesame seeds and fresh herbs.

Mix together yoghurt, mint and lime.

Serve greens on the centre of the plate, place pork on top and serve the minted yoghurt on the side.

Vinology's wine choice

Raats Original Chenin Blanc

Mark from fine wine specialists, Vinology, recommends Raats Original Chenin Blanc - £8.59 in all stores from March.

“Un-oaked and deliciously fruity with flavours of honeydew melon and ripe grapes. This white wine is the perfect foil for honey glazed pork.”