

# Curtis Stone's congee with pork belly and chilli oil

- Dairy-free
- Egg-free
- Lactose-free
- Nut-free
- Peanut-free
- Sesame-free
- Wheat-free
- Shellfish-free
- Seafood-free
- High in Dietary Fibre
- High in Protein

Curtis' hearty pork congee is comfort in a bowl. Pork belly makes it extra tasty.

- Serves:4
- Cooktime:1 hr 15 mins
- Preptime:20 mins (+ 10 mins cooling & 15 mins marinating time)



## Ingredients

- 4 cups (1L) salt-reduced chicken stock
- 3/4 cup (150g) long-grain white rice, rinsed, drained
- 2 garlic cloves, crushed

- 350g pkt Coles Quick Cook Pork Belly Slices, halved crossways
- 1 tbs oyster sauce
- 1/3 cup (80ml) light soy sauce, divided
- 3 tsp rice wine vinegar
- 3 tsp brown sugar
- 2 tsp finely chopped ginger
- 2 spring onions, thinly sliced
- 1/4 cup coriander leaves

## Chilli oil

- 80g (about 4) long red chillies, cut into 3mm-thick rounds
- 2/3 cup (160ml) canola oil

## Nutritional information

Per serve: Energy: 2470kJ/591, Cals (28%), Protein: 17g (34%), Fat: 48g (69%), Sat Fat: 7g (29%), Sodium: 2748mg (137%), Carb: 23g (7%), Sugar: 7g (8%), Dietary Fibre: 3g (10%).

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

## Method

### 1. Step 1

In a large saucepan, combine the stock, rice, garlic and 6 cups (1.5L) water. Season. Bring to the boil over medium-high heat. Reduce to a simmer and partially cover the saucepan with a lid. Simmer, stirring occasionally to prevent grains sticking to the bottom of the pan, for 1 1/4 hours or until the mixture thickens and is creamy (the liquid will reduce by about half).

### 2. Step 2

Meanwhile, to make the chilli oil, in a small saucepan, combine the chilli and oil. Season. Bring the mixture to a simmer over medium heat. Cook, stirring frequently, for 10 mins or until the chilli shrivels and is just beginning to darken. Set aside for 10 mins to cool. Transfer the mixture to a blender and carefully blend for 1 min or until almost smooth.

### 3. Step 3

In a medium bowl, toss the pork with the oyster sauce and half the soy sauce. Set aside for 15 mins to develop the flavours.

### 4. Step 4

Heat a large non-stick frying pan over medium heat. Cook the pork, in batches, for 2 mins each side or until browned and cooked through.

**5. Step 5**

In a small bowl, whisk the vinegar, sugar, ginger and remaining soy sauce. Brush a little of the vinegar mixture over the pork.

**6. Step 6**

Divide the rice mixture among serving bowls and top with pork. Drizzle with a little chilli oil and the remaining vinegar mixture. Sprinkle with spring onion and coriander.