

OVERALL time: 150 mins

JERK PORK BELLY WITH CHILLI PINEAPPLE SALSA

Bring some Caribbean flavour to your next meal! All you need is our famous Caribbean Jerk Rub. It's famous for a reason thanks to its perfect blend of exotic spices. It goes wonderfully with chicken, fish, or beef. And we really, really love it with pork, so we rustled up this super easy Jerk pork belly roast. To echo the island flavours? A chilli pineapple salsa of course.

Metric

Number of servings : 8

ingredients

For the pork belly

- 1.7 kg Pork belly off the bone
- Extra virgin olive oil
- **Cape Herb and Spice Caribbean Jerk**

For the Chilli Pineapple Salsa

- 375 ml Finely diced pineapple (half a large pineapple)
- 1 Red onion
- 1 Red Chilli
- 1 small bunch Coriander leaves
- 30 ml roughly chopped mint
- Zest of one lime, finely grated
- Juice of one lime
- 45 ml Extra virgin olive oil
- Small pinch of salt
- 4 Basil leaves, sliced in threads

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 30 mins | COOKING TIME: 120 mins

THE DAY BEFORE: Pat the belly dry and place it, uncovered, in your fridge overnight so the skin can start drying out.

Preheat your oven to 240 degrees Celsius. Rub **Cape Herb & Spice Caribbean Jerk Rub** spice into the cuts where the skin has been scored and the flesh is revealed – be generous, you really want to load it with favour. Next rub the entire skin with a bit of olive oil.

Place the pork belly in a roasting pan with a roasting tray. Pop it into the super hot oven. Roast the belly at this high temperature for 30 minutes. Then turn your oven down to 150 degrees Celsius and roast for a further 90 minutes.

Cook's tip: If at the end of roasting you're not happy that the pork skin has 'crackled' enough, turn your grill on for a few minutes, but watch it like a hawk because it can burn quite easily. Allow pork belly to rest for at least 15 minutes before your carve.

To make the chilli pineapple salsa, simply mix together all the ingredients

Recipe by Lizet Hartley Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://www.capeherb.co.za>

Metric

ingredients

For the pork belly

- 1.7 kg Pork belly off the bone
- Extra virgin olive oil
- **Cape Herb and Spice Caribbean Jerk**

For the Chilli Pineapple Salsa

- 375 ml Finely diced pineapple (half a large pineapple)
- 1 Red onion
- 1 Red Chilli
- 1 small bunch Coriander leaves
- 30 ml roughly chopped mint
- Zest of one lime, finely grated
- Juice of one lime
- 45 ml Extra virgin olive oil
- Small pinch of salt
- 4 Basil leaves, sliced in threads

Number of servings : 8

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 30 mins | COOKING TIME: 120 mins

THE DAY BEFORE: Pat the belly dry and place it, uncovered, in your fridge overnight so the skin can start drying out.

Preheat your oven to 240 degrees Celsius. Rub **Cape Herb & Spice Caribbean Jerk Rub** spice into the cuts where the skin has been scored and the flesh is revealed – be generous, you really want to load it with favour. Next rub the entire skin with a bit of olive oil.

Place the pork belly in a roasting pan with a roasting tray. Pop it into the super hot oven. Roast the belly at this high temperature for 30 minutes. Then turn your oven down to 150 degrees Celsius and roast for a further 90 minutes.

Cook's tip: If at the end of roasting you're not happy that the pork skin has 'crackled' enough, turn your grill on for a few minutes, but watch it like a hawk because it can burn quite easily. Allow pork belly to rest for at least 15 minutes before your carve.

To make the chilli pineapple salsa, simply mix together all the ingredients

Recipe by Lizet Hartley Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://www.capeherb.co.za>