



Not actually a discount fridge gig for a change. But Belly Pork is cheap as chips and this recipe was packed with flavour.

Ingredients:-

4 Slices of Belly Pork
4 Tsp of Tomato Ketchup
1 Tbsp Fish Sauce
1 Tbsp Brown Sugar
1 Tbsp Cider Vinegar
1 Tsp English Mustard powder
1 Clove of Garlic, minced
Salt and Pepper

Method:-

- (1) Mix all the ingredients and coat the Belly Pork strips.
- (2) Cover with foil in an oven proof trap and place in the fridge for an hour.
- (3) Pop in the preheated oven at 160c for an hour or so.
- (4) Remove the foil and place under the grill for a couple of minutes on each side.

We served ours with crispy Kale, Mustard mash and Corn on the cob.