

# Hong Shao Rou (Red Braised Pork Belly)

Yield: 4 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-red-braised-pork-belly-recipe>

## Ingredients:

- 1 pound pork belly boneless, cut into 1 inch cubes
- 2 tablespoons peanut oil
- 2 tablespoons honey
- 2 tablespoons cooking sherry
- 2 tablespoons soy sauce
- 1 garlic clove medium, thinly sliced
- 2 inches ginger piece of, peeled and thinly sliced
- 1/8 teaspoon red pepper flakes
- 1 star anise
- 2 cups water
- 1 green onion thinly sliced
- cooked rice for serving

## Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 80 milligrams
4. Fat: 67 grams
5. Protein: 11 grams
6. SaturatedFat: 23 grams
7. Sodium: 540 milligrams
8. Sugar: 9 grams

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