

Porchetta

Yield: 9 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/pork-belly-porchetta-ask-italian-recipe>

Ingredients:

- 1 tablespoon kosher salt
- 2 teaspoons fresh rosemary toasted, chopped
- 2 teaspoons fennel seed toasted, crushed
- 2 teaspoons chili flakes
- 2 teaspoons freshly ground black pepper
- 1 lemon
- 2 tablespoons chopped flat-leaf parsley roughly
- 2 tablespoons fresh rosemary
- pork tenderloin around 3 inches in diameter, 1-2 pounds
- 12 inches pork belly slab of skin-on, skin lightly scored
- oil
- 2 ciabatta rolls
- 2 cups porchetta still warm, thinly sliced and chopped
- crackling bit of, roughly chopped
- Dijon mustard
- 1 bunch parsley
- 1 cup oil
- 2 teaspoons fennel seeds toasted, ground
- 2 teaspoons coriander toasted, ground
- 2 teaspoons chili flakes
- salt
- 2 cloves garlic
- 1 lemon
- 2 lemons

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 63 grams
3. Fat: 32 grams

4. Fiber: 7 grams
5. Protein: 11 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 1540 milligrams
8. Sugar: 1 grams

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