

# Low FODMAP Crispy Pork Belly with Peanut Sauce

*Melt-in-your-mouth pork belly with crackling skin, served with a rich peanut sauce and fragrant coconut rice. Pure comfort food that's IBS-friendly!*

Prep: 30 min

Cook: 165 min

Total: 195 min

Servings: 4

**Low FODMAP ✓**

## Ingredients

**Choose a piece with even fat distribution** 1kg pork belly, skin-on

**For the initial rub** 2 tablespoons sea salt

**Use garlic-free and onion-free blend only** 1 teaspoon Chinese five-spice powder

**Rinsed until water runs clear** 300g jasmine rice

**Full-fat for best flavor, 50ml per serving is Low FODMAP** 200ml coconut milk

**For cooking the rice** 200ml water

**Smooth, no added sugar, 1 tablespoon per serving is Low FODMAP** 4 tablespoons natural peanut butter

**Must be certified gluten-free** 3 tablespoons tamari

**Unseasoned** 2 tablespoons rice vinegar

**Made with ginger only, no garlic** 2 tablespoons ginger-infused oil

**Pure maple syrup** 1 tablespoon maple syrup fodmapdiets.com/recipes/LowFodmap-crispy-pork-belly-peanut-sauce

**To thin the peanut sauce** 3-4 tablespoons warm water

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**Sliced thinly for garnish** 2 spring onions, green parts only

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**For garnish** 1 tablespoon toasted sesame seeds

## Instructions

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### Step 1: Prepare the pork belly

(15 min)

Pat the pork belly completely dry with paper towels. Using a sharp knife, score the skin in a crosshatch pattern, cutting through the skin but not into the meat. Rub the salt thoroughly into the scores and all over the skin. Place on a wire rack over a tray, skin-side up, and refrigerate uncovered for 12-24 hours to dry out the skin.

### Step 2: Roast the pork

(160 min)

Remove pork from refrigerator 30 minutes before cooking. Preheat oven to 160°C (320°F). Rub the five-spice powder into the meat side only, avoiding the skin. Place pork on a rack in a roasting pan and roast for 2 hours until the meat is tender. Increase oven temperature to 220°C (425°F) and roast for another 30-40 minutes until the skin is golden and crackling, watching carefully to prevent burning.

### Step 3: Make the coconut rice

(30 min)

While the pork roasts, combine rinsed rice, coconut milk, and water in a medium saucepan. Bring to a boil over high heat, then reduce to low, cover, and simmer for 15 minutes. Remove from heat and let stand covered for 10 minutes to steam. Fluff with a fork before serving.

### Step 4: Prepare the peanut sauce

(5 min)

In a small bowl, whisk together peanut butter, tamari, rice vinegar, ginger-infused oil, and maple syrup until smooth. Add warm water gradually, whisking until you achieve a pourable consistency. Taste and adjust seasoning if needed. The sauce should be rich but not too thick.

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## **Step 5: Rest and slice**

(10 min)

Once the pork is done, remove from oven and let rest for 10 minutes. This allows the juices to redistribute. Using a sharp knife, slice the pork belly into thick pieces, ensuring each slice has crispy crackling on top.

## **Step 6: Serve**

(5 min)

Divide the coconut rice among four plates. Top with sliced pork belly and drizzle generously with peanut sauce. Garnish with sliced spring onion greens and toasted sesame seeds. Serve immediately while the crackling is still crispy.