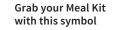
BBQ Tonkatsu Pork Bento Bowl

with Japanese Rice & Cucumber Salad

TAKEAWAY FAVES









Cucumber



Panko Breadcrumbs



Pork Schnitzels



Japanese Style



Mixed Salad

Leaves

Dressing





Coriander



Sesame Dressing



BBQ Sauce



Tonight we are headed to Japan for a crispy panko-crusted pork schnitzel drizzled with Tonkatsu-style sauce. And if that's not enough, the fluffy soy flavoured rice and cucumber salad sides will convince you to make this Japanese comfort food one of your favourites.

Pantry items Olive Oil, Plain Flour, Egg

Prep in: 20-30 mins

Ready in: 30-40 mins

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
boiling water*	1¼ cups	2½ cups		
jasmine rice	1 medium packet	1 large packet		
cucumber	1	2		
plain flour*	2 tbs	1/4 cup		
salt*	1/4 tsp	½ tsp		
egg*	1	2		
panko breadcrumbs	1 medium packet	1 large packet		
pork schnitzels	1 small packet	2 small packets OR 1 large packet		
Japanese style dressing	1 packet	2 packets		
mixed salad leaves	1 small bag	1 medium bag		
soy sauce mix	1 packet	2 packets		
coriander	1 bag	1 bag		
sesame dressing	1 medium packet	1 large packet		
BBQ sauce	1 packet	2 packets		
chicken breast**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3211kJ (767Cal)	733kJ (175Cal)
Protein (g)	44.6g	10.2g
Fat, total (g)	17.2g	3.9g
- saturated (g)	2.5g	0.6g
Carbohydrate (g)	103.1g	23.5g
- sugars (g)	14.5g	3.3g
Sodium (mg)	1952mg	446mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3378kJ (807Cal)	730kJ (174Cal)
Protein (g)	47.9g	10.4g
Fat, total (g)	21.1g	4.6g
- saturated (g)	3.6g	0.8g
Carbohydrate (g)	101.3g	21.9g
- sugars (g)	14.2g	3.1g
Sodium (mg)	1653mg	357mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Cook the rice

- · Boil the kettle. In a medium saucepan, add the **boiling water** (11/4 cups for 2 people / 21/2 cups for 4 people).
- Add **jasmine rice**, stir, bring to a boil, then cover with a lid and reduce heat to low.
- · Cook for 12 minutes, then remove pan from the heat and keep covered until rice is tender and all the water is absorbed, 10-15 minutes.

TIP: The rice will finish cooking in its own steam, so don't peek!



Toss the salad

- · Meanwhile, in a medium bowl, combine Japanese style dressing and a drizzle of olive oil. Season with pepper.
- Just before serving, add mixed salad leaves and cucumber. Toss to coat.

TIP: Tossing the salad just before serving keeps the leaves crisp!



Get prepped

- Meanwhile, thinly slice cucumber into rounds.
- In a shallow bowl, combine the **plain flour** and the salt. In a second shallow bowl, whisk the egg. In a third shallow bowl, place panko breadcrumbs.
- Dip pork schnitzels into flour mixture to coat, followed by the egg, and finally in panko **breadcrumbs**. Set aside on a plate.

Custom Recipe: If you've swapped to chicken breast, place chicken breast between two sheets of baking paper. Pound chicken with a meat mallet or rolling pin until they are an even thickness, about 1cm. Crumb the chicken in the flour, egg and panko, as above.



Cook the pork

- When rice has 5 minutes remaining, heat a large frying pan with enough **olive oil** to coat the base over high heat.
- Fry pork schnitzels in batches, until golden and cooked through, 1-2 minutes each side. Transfer to a paper towel-lined plate.

Custom Recipe: In a large frying pan, heat enough olive oil to coat the base over medium-high heat. Fry crumbed chicken in batches until golden and cooked through (when no longer pink inside), 2-4 minutes each side. Transfer to a paper towel-lined plate.



Flavour the rice

• To the saucepan with the rice, add soy sauce mix, stirring to combine.



Serve up

- · Slice pork.
- Divide Japanese rice and cucumber salad between bowls. Top rice with pork. Tear over coriander leaves.
- Drizzle sesame dressing and BBQ sauce over pork to serve. Enjoy!

Custom Recipe: Slice crumbed chicken to serve.



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