



BBQ Tonkatsu Pork Bento Bowl

with Japanese Rice & Cucumber Salad

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Jasmine Rice



Cucumber



Panko Breadcrumbs



Pork Schnitzels



Japanese Style Dressing



Mixed Salad Leaves



Soy Sauce Mix



Coriander



Sesame Dressing



BBQ Sauce



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me Early*

*Custom Recipe only

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plain Flour, Egg

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

	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	¼ cup
salt*	¼ 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** (1¼ cups for 2 people / 2½ 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.



Flavour the rice

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



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.



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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