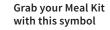


# BBQ Tonkatsu Pork Bento Bowl with Japanese Rice & Tomato Salad

TAKEAWAY FAVES













Panko Breadcrumbs

Pork Schnitzels



Dressing





Coriander





Sesame Dressing

**BBQ Sauce** 



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 tomato salad sides will convince you to make this Japanese comfort food one of your favourites.

**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

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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
tomato	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 sachet	2 sachets
coriander	1 bag	1 bag
sesame dressing	1 medium packet	2 medium packets
BBQ sauce	1 packet	2 packets
chicken breast**	1 small packet	2 small packets OR 1 large packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3209kJ (767Cal)	777kJ (186Cal)
Protein (g)	44.4g	10.8g
Fat, total (g)	17.2g	4.2g
- saturated (g)	2.5g	0.6g
Carbohydrate (g)	103.1g	25g
- sugars (g)	14.3g	3.5g
Sodium (mg)	1945mg	471mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3357kJ (802Cal)	767kJ (183Cal)
Protein (g)	49g	11.2g
Fat, total (g)	19.9g	4.5g
- saturated (g)	3.3g	0.8g
Carbohydrate (g)	101.3g	23.1g
- sugars (g)	14.1g	3.2g
Sodium (mg)	1639mg	374mg

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 tomato. Toss to coat.

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



# Get prepped

- Meanwhile, thinly slice tomato 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, followed by 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 chicken 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 umami rice and Japanese-style salad between bowls. Top rice with BBQ tonkatsu pork. Tear over coriander leaves.
- Drizzle sesame dressing and BBQ sauce over pork to serve. Enjoy!



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