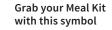


# BBQ Tonkatsu Pork Bento Bowl with Japanese Rice & Tomato Salad

TAKEAWAY FAVES











Panko Breadcrumbs

Pork Schnitzels





Dressing





Coriander





Sesame Dressing

**BBQ Sauce** 



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



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	2 medium packets
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
Japanese style dressing	1 medium packet	2 medium packets
mixed salad leaves	1 small packet	1 medium packet
soy sauce mix	1 packet	2 packets
coriander	1 packet	1 packet
sesame dressing	1 medium packet	2 medium packets
BBQ sauce	1 medium packet	2 medium packets
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

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

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3240kJ (774Cal)	785kJ (188Cal)
Protein (g)	44.8g	10.9g
Fat, total (g)	18.6g	4.5g
- saturated (g)	3.5g	0.8g
Carbohydrate (g)	103.4g	25g
- sugars (g)	15.1g	3.7g
Sodium (mg)	1973mg	478mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3320kJ</b> (793Cal)	758kJ (181Cal)
Protein (g)	51.8g	11.8g
Fat, total (g)	18.5g	4.2g
- saturated (g)	3.4g	0.8g
Carbohydrate (g)	101.4g	23.2g
- sugars (g)	14.8g	3.4g
Sodium (mg)	1643mg	375mg

The quantities provided above are averages only.

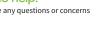
## **Allergens**

2024 | CW14

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!



# Get prepped

- Meanwhile, thinly slice tomato into rounds.
- In a shallow bowl, combine the plain flour and 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 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.



# 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!



# 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!



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

