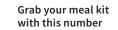


# BBQ Tonkatsu Pork Bento Bowl

with Japanese Rice & Tomato Salad

TAKEAWAY FAVES













Panko Breadcrumbs

Pork Schnitzels





Japanese Style Dressing

Leaves





Coriander





Sesame Dressing







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 sauce 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 hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
white rice	1 medium packet	1 large packet
boiling water*	1¼ cups	2½ cups
tomato	1	2
plain flour*	2 tbs	⅓ cup
salt*	1/4 tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
Japanese style dressing	1 packet	2 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 packet	2 packets
* D		

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3234kJ (773Cal)	783kJ (187Cal)
Protein (g)	44.9g	10.9g
Fat, total (g)	18.3g	4.4g
- saturated (g)	3.5g	0.8g
Carbohydrate (g)	103.6g	25.1g
- sugars (g)	15.1g	3.7g
Sodium (mg)	1974mg	478mg
Dietary Fibre (g)	20.4g	4.9g

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.



### Cook the rice

- Boil the kettle.
- · Rinse and drain white rice.
- In a medium saucepan, add the **boiling water**  $(1\frac{1}{4} \text{ cups for 2 people} / 2\frac{1}{2} \text{ cups for 4 people}).$
- Add 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 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.



## 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.



#### Toss the salad

- Meanwhile, combine Japanese style dressing and a drizzle of **olive oil** in a medium bowl. 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

• Add soy sauce mix to the cooked rice, stirring to combine.



## Serve up

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







Cut chicken horizontally into steaks. Follow method above, cooking for 3-6minutes each side.



In a large frying pan, cook with a drizzle of olive oil until golden, 3-4 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

