HELLO FRESH

BBQ Tonkatsu Pork Bento Bowl
with Japanese Rice & Tomato Salad

TAKEAWAY FAVES

White Rice

Tomato

Panko Breadcrumbs

Pork Schnitzels

Japanese Style Dressing

Mixed Salad Leaves

Soy Sauce Mix

Coriander

Sesame Dressing

BBQ Sauce

Chicken Breast

Japanese Tofu

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 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

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	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	¼ cup
salt*	¼ 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

*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.

1

Cook the rice

- Boil the kettle.
- Rinse and drain **white rice**.
- In a medium saucepan, add the **boiling water** (1¼ cups for 2 people / 2½ 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!*

2

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.

3

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.

4

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!*

5

Flavour the rice

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

6

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!

CUSTOM OPTIONS

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

ADD JAPANESE TOFU
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.