



Pork Katsu Sando

with Creamy Shredded Cabbage & BBQ Sauce

Grab your Meal Kit with this symbol



Sweet Soy Seasoning



Panko Breadcrumbs



Pork Schnitzels



Sliced Sourdough



Shredded Cabbage Mix



Garlic Aioli



BBQ Sauce

Prep in: **10 mins**
Ready in: **15 mins**

Step up your lunch game with this pork katsu sando, where crumbed pork meets creamy cabbage, all slathered in BBQ sauce that packs a punch. It's a crunchy, saucy, utterly satisfying twist on your everyday sandwich!

Pantry items

Olive Oil, Plain Flour, Egg, Vinegar (White Wine Or Rice Wine)

Before you start

Wash your hands and any fresh food.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People
olive oil*	refer to method
plain flour*	1 tbs
sweet soy seasoning	1 sachet
egg*	1
panko breadcrumbs	1 medium packet
pork schnitzels	1 medium packet
sliced sourdough	4
shredded cabbage mix	1 medium packet
garlic aioli	1 medium packet
vinegar* (white wine or rice wine)	drizzle
BBQ sauce	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2835kJ (677Cal)	729kJ (174Cal)
Protein (g)	44.6g	11.5g
Fat, total (g)	24.5g	6.3g
- saturated (g)	3.3g	0.8g
Carbohydrate (g)	67.4g	17.3g
- sugars (g)	13.4g	3.4g
Sodium (mg)	1965mg	505mg

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.

1



Crumb the pork schnitzels

- In a shallow bowl, combine the **plain flour** and **sweet soy seasoning**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Dip **pork schnitzels** into **flour mixture** to coat, then into **egg**, and finally in **breadcrumbs**. Set aside on a plate.

3



Toast the bread

- Meanwhile, toast or grill **sliced sourdough** to your liking.
- In a medium bowl, combine **shredded cabbage mix**, **garlic aioli** and a drizzle of **vinegar**. Season to taste.

2



Cook the pork katsu

- In a large frying pan, heat enough **olive oil** to coat the base over high heat.
- Cook **pork** in batches until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate. Season with **salt** and **pepper**.

4



Serve up

- Slice pork if preferred.
- Top sourdough bases with creamy shredded cabbage and pork schnitzel. Drizzle over **BBQ sauce**. Top with sourdough tops. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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