



BBQ Tonkatsu Pork Bento Bowl

with Japanese Rice & Tomato Salad

TAKEAWAY FAVES

AIR FRYER FRIENDLY

Grab your meal kit with this number

3



White Rice



Tomato



Panko Breadcrumbs



Pork Schnitzels



Japanese Style Dressing



Baby Spinach Leaves



Soy Sauce Mix



Coriander



Sesame Dressing



BBQ Sauce



Chicken Breast



Diced Bacon

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 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 · Air fryer or 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
baby spinach leaves	1 small packet	1 medium packet
soy sauce mix	1 packet	2 packets
coriander	1 packet	1 packet
sesame dressing	1 packet	2 packets
BBQ sauce	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3232kJ (772cal)	404kJ (97cal)
Protein (g)	43.4g	5.4g
Fat, total (g)	19.7g	2.5g
- saturated (g)	4g	0.5g
Carbohydrate (g)	102.8g	12.9g
- sugars (g)	15g	1.9g
Sodium (mg)	2040mg	255mg
Dietary Fibre (g)	2.5g	0.3g

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** (1¼ cups for 2 people / 2½ cups for 4 people).
- Add **rice** to the pan. Stir, bring to the boil, then cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove pan from the heat and keep covered until rice is tender and all the water is absorbed, **10 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 **baby spinach 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 **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** and **olive oil** (2 tbs for 2 people / ¼ cup for 4 people).
- Dip **pork schnitzels** into **flour mixture**, followed by **egg** and finally in **panko mixture**. Set aside on a plate.

TIP: No air fryer? Leave the oil out of the panko mix!



Cook the pork

- When the rice has **10 minutes** remaining, set air fryer to **200°C**.
- Place **crumbed pork** into the air fryer basket and cook until golden and cooked through (cook in batches if needed!), **6-8 minutes**.

TIP: No air fryer? When rice has 5 minutes remaining, heat a large frying pan with enough olive oil to coat the base over high heat. Fry crumbed pork in batches, until golden and cooked through, 1-2 minutes each side. Transfer to a paper towel-lined plate.



Flavour the rice

- Add **soy sauce mix** to the pan of cooked rice, then stir to combine.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW36



CUSTOM OPTIONS

SWAP TO CHICKEN BREAST

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

ADD DICED BACON

Cook, breaking up with a spoon, 4-6 minutes. Sprinkle over meal to serve.

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

