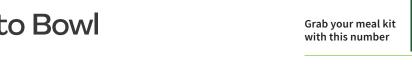


BBQ Tonkatsu Pork Bento Bowl with Japanese Rice & Tomato Salad

TAKEAWAY FAVES

AIR FRYER FRIENDLY







3



Panko Breadcrumbs

Pork Schnitzels





Japanese Style Dressing

Baby Spinach Leaves





Soy Sauce

Coriander





Sesame Dressing

BBQ Sauce





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	1/4 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
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** $(1\frac{1}{4} \text{ cups for 2 people} / 2\frac{1}{2} \text{ cups for 4 people}).$
- 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!



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 / 1/4 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.



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!



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 salad between bowls. Top rice with BBQ tonkatsu pork.
- Tear over coriander leaves.
- Drizzle sesame dressing and BBQ sauce over pork to serve. Enjoy!



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.

