HELLO FRESH

BBQ Tonkatsu Pork Bento Bowl
with Japanese Rice & Tomato Salad

TAKEAWAY FAVES | AIR FRYER FRIENDLY

Jasmine Rice

Tomato

Panko Breadcrumbs

Pork Schnitzels

Baby Spinach Leaves

Soy Sauce Mix

Coriander

Sesame Dressing

BBQ Sauce

Chicken Breast

Diced Bacon

Pantry items
Olive Oil, Plain Flour, Egg

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.

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
*water**	1 cup	2 cups
jasmine rice	1 medium packet	1 large packet
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
baby spinach 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)	3292kJ (786Cal)	797kJ (190Cal)
Protein (g)	50.1g	12.1g
Fat, total (g)	20.1g	4.9g
- saturated (g)	4.1g	1g
Carbohydrate (g)	103.3g	25g
- sugars (g)	14g	3.4g
Sodium (mg)	1964mg	475mg
Dietary Fibre (g)	21.7g	5.3g

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.

We're here to help!
Scan here if you have any questions or concerns
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1 · Cook the rice

- Add the **water** to a medium saucepan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove the pan from 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!*

2 · 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 the **flour mixture**, followed by the **egg** and finally into the **panko mixture**. Set aside on a plate.

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

3 · 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 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, in a medium bowl, add **baby spinach leaves**, **tomato** and a drizzle with **olive oil**. Season with **pepper**. Toss to coat.

TIP: *Tossing the salad just before serving keeps the leaves crisp!*

5 · Flavour the rice

- To the cooked rice, add **soy sauce mix** and stir to combine.

6 · Finish & serve

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

CUSTOM OPTIONS

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

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

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