



BBQ Tonkatsu Pork Bento Bowl

with Japanese Rice & Tomato Salad

TAKEAWAY FAVES

AIR FRYER FRIENDLY

Grab your meal kit with this number

3



Jasmine Rice



Tomato



Panko Breadcrumbs



Pork Schnitzels



Japanese Style Dressing



Baby Spinach Leaves



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, Vinegar (White Wine or Rice Wine), Soy 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
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
Japanese style dressing	1 packet	2 packets
vinegar* (white wine or rice wine)	½ tsp	1 tsp
baby spinach leaves	1 small packet	1 medium packet
soy sauce*	1 tsp	2 tsp
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)	3297kJ (787Cal)	798kJ (190Cal)
Protein (g)	50.1g	12.1g
Fat, total (g)	20.2g	4.9g
- saturated (g)	4.1g	1g
Carbohydrate (g)	103.5g	25g
- sugars (g)	14.1g	3.4g
Sodium (mg)	1955mg	473mg
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.



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!



Toss the salad

- Meanwhile, in a medium bowl, combine **Japanese style dressing** and a drizzle of **vinegar** and **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 the **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!



Flavour the rice

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



Cook the pork

- When 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.



Finish & serve

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

We're here to help!

Scan here if you have any questions or concerns

2025 | CW07



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow crumbing method above and cook for 3-6 minutes each side.



ADD DICED BACON

Cook in a frying pan, 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.

