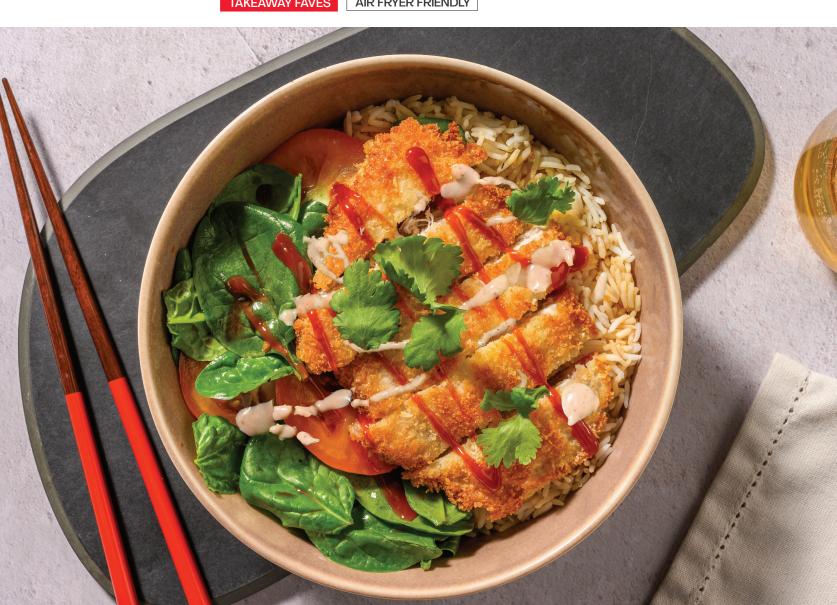


# BBQ Tonkatsu Pork Bento Bowl with Japanese Rice & Tomato Salad

TAKEAWAY FAVES

AIR FRYER FRIENDLY



Grab your meal kit with this number











Panko Breadcrumbs

Pork Schnitzels





Japanese Style Dressing

**Baby Spinach** Leaves







Coriander

Sesame Dressing



**BBQ Sauce** 





Prep in: 20-30 mins Ready in: 30-40 mins

# 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
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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	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
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		

<sup>\*</sup>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!



# 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!



# 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.



#### 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!



# Flavour the rice

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



# Finish & serve

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







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



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.

