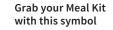


BBQ Tonkatsu Pork Bento Bowl

with Japanese Rice & Cucumber Salad

TAKEAWAY FAVES











Cucumber





Pork Schnitzels

Panko Breadcrumbs





Mixed Salad

Leaves

Japanese Dressing



Soy Sauce





Sesame Dressing



BBQ Sauce

Coriander





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

Eat Me Early*

*Custom Position *Custom Recipe only 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 cucumber 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 your hands and any fresh food.

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 · Large frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
boiling water*	1 ¼ cups	2 ½ cups	
jasmine rice	1 medium packet	1 large packet	
cucumber	1	2	
plain flour*	2 tbs	⅓ cup	
salt*	1/4 tsp	½ tsp	
egg*	1	2	
panko breadcrumbs	1 medium packet	1 large packet	
pork schnitzels	1 small packet	1 large packet	
Japanese dressing	1 packet	2 packets	
mixed salad leaves	1 small bag	1 medium bag	
soy sauce mix	1 packet	2 packets	
coriander	1 bag	1 bag	
sesame dressing	1 medium packet	1 large packet	
BBQ sauce	1 packet	2 packets	
chicken breast**	1 small packet	1 large packet	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
3211kJ (767Cal)	733kJ (175Cal)
44.6g	10.2g
17.2g	3.9g
2.5g	0.6g
103.1g	23.5g
14.5g	3.3g
1952mg	446mg
	3211kJ (767Cal) 44.6g 17.2g 2.5g 103.1g 14.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3366kJ (804Cal)	727kJ (174Cal)
Protein (g)	48.5g	10.5g
Fat, total (g)	20.5g	4.4g
- saturated (g)	3.4g	0.7g
Carbohydrate (g)	101.3g	21.9g
- sugars (g)	14.2g	3.1g
Sodium (mg)	1650mg	357mg

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. Add the boiling water (1 1/4 cups for 2 people / 2 1/2 cups for 4 people) to a medium saucepan.
- Add jasmine rice, stir, bring to a boil, then cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove pan from the heat and keep covered until rice is tender and all the water is absorbed, 10-15 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 dressing and a drizzle of olive oil.
 Season with pepper.
- Just before serving, add mixed salad leaves and cucumber. Toss to coat.

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



Get prepped

- Meanwhile, thinly slice **cucumber** 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, place panko breadcrumbs.
- Dip pork schnitzels into flour mixture, followed by egg, and finally in panko breadcrumbs. Set aside on a plate.

Custom Recipe: If you've swapped to chicken breast, place chicken breast between two sheets of baking paper. Pound chicken with a meat mallet or rolling pin until they are an even thickness, about 1cm. Crumb the chicken in the flour, egg and panko, as above.



Cook the pork

- 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.

Custom Recipe: In a large frying pan, heat enough olive oil to coat the base over medium-high heat. Fry crumbed chicken in batches until golden and cooked through (when no longer pink inside), 2-4 minutes each side. Transfer to a paper towel-lined plate.



Flavour the rice

 To the saucepan with the rice, add soy sauce mix, stirring to combine.



Serve up

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



Scan here if you have any questions or concerns



