



Peppercorn Crumbed Pork & Brown Rice

with Charred Corn & Carrot Salad

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Brown Rice



Garlic



Sweetcorn



Carrot



Black Peppercorns



Panko Breadcrumbs



Pork Schnitzels



Mixed Salad Leaves



Japanese Dressing



Chicken Breast

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me Early*
*Custom Recipe only

Let's hear it for brown rice - tonight's grain star, that creates the perfect bed for juicy crumbed pork. We've done things a little differently, by adding some black peppercorns to the pork for some extra kick, but also kept to our roots by adding a staple carrot salad to complete this all-rounder dish!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plain Flour, Egg, Vinegar (White Wine or Rice Wine)

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown rice	1 medium packet	1 large packet
garlic	1 clove	2 cloves
sweetcorn	1 tin (125g)	1 tin (300g)
carrot	1	2
black peppercorns	1 medium sachet	1 large sachet
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 small packet	1 large packet
mixed salad leaves	1 small bag	1 medium bag
vinegar* (white wine or rice wine)	drizzle	drizzle
Japanese dressing	1 packet	2 packets
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2807kJ (671Cal)	688kJ (164Cal)
Protein (g)	50.2g	12.3g
Fat, total (g)	14.9g	3.7g
- saturated (g)	2.8g	0.7g
Carbohydrate (g)	79.4g	19.5g
- sugars (g)	8.8g	2.2g
Sodium (mg)	531mg	130mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2856kJ (683Cal)	660kJ (158Cal)
Protein (g)	48.1g	11.1g
Fat, total (g)	17.1g	4g
- saturated (g)	3.4g	0.8g
Carbohydrate (g)	79.4g	18.3g
- sugars (g)	8.8g	2g
Sodium (mg)	549mg	127mg

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



Cook the rice

- Half-fill a medium saucepan with water. Add **brown rice** and a generous pinch of **salt**.
- Bring to a boil over high heat and cook, uncovered, until tender, **25-30 minutes**. Drain and set aside in a bowl.
- Meanwhile, finely chop **garlic**. Drain **sweetcorn**. Grate **carrot**.
- Crush **black peppercorns** with a pestle and mortar, or in their sachet using a rolling pin.



Toss the salad

- Meanwhile, in a medium bowl, combine **carrot**, **mixed salad leaves**, a drizzle of **vinegar** and **olive oil**.
- Toss to combine and season to taste.



Crumb the pork

- When the rice has **15 minutes** remaining, in a shallow bowl, combine the **plain flour** and a pinch of **salt**.
- In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs** and **crushed peppercorns**.
- Separate **pork schnitzels** to get two per person.
- Dip **pork** into **flour mixture**, followed by the **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 rolling pin until they are an even thickness, about 1cm. Crumb chicken as above. Set aside on a plate.



Flavour the rice

- Return saucepan to medium heat with a drizzle of **olive oil**.
- Cook **corn**, until softened, **4-5 minutes**. Add **garlic** and cook until fragrant, **1 minute**.
- Return **rice** to the saucepan and stir to combine. Remove from heat.
- Stir in **Japanese dressing**, until coated. Season to taste.



Cook the pork

- In a large frying pan, heat enough **olive oil** to coat the base over high heat.
- Fry **pork schnitzel** in batches until golden and cooked through, **1-2 minutes** each side.
- Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the schnitzel does not stick to the pan.

Custom Recipe: In a large frying pan, heat enough olive oil to coat the base over medium-high heat. Cook 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.



Serve up

- Slice pork.
- Divide charred corn-brown rice and carrot salad between plates.
- Top rice with peppercorn crumbed pork to serve. Enjoy!

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