



Pork Schnitzel & Coconut Curry Sauce

with Rice & Garlic Veggies

Grab your Meal Kit with this symbol



Basmati Rice



Chicken-Style Stock Powder



Carrot



Green Beans



Garlic



Panko Breadcrumbs



Pork Schnitzels



Baby Spinach Leaves



Mild North Indian Spice Blend



Coconut Milk

Hands-on: 25-35 mins
Ready in: 30-40 mins

Take crispy pork schnitzel to the next level with our Indian-inspired coconut sauce. We've teamed this dish with rice and plenty of veggies to soak up all that saucy goodness.

Pantry items

Olive Oil, Plain Flour, Egg

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 with lid · Large frying pan · Small saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
chicken-style stock powder	1 large sachet	2 large sachets
carrot	1	2
green beans	1 small bag (100g)	1 medium bag (200g)
garlic	2 cloves	4 cloves
salt*	½ tsp	1 tsp
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 packet	1 packet
baby spinach leaves	1 small bag (30g)	1 medium bag (60g)
mild North Indian spice blend	1 sachet	2 sachets
coconut milk	1 medium tin	1 large tin

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3480kJ (831Cal)	648kJ (154Cal)
Protein (g)	53g	9.9g
Fat, total (g)	22g	4.1g
- saturated (g)	14.7g	2.7g
Carbohydrate (g)	99.4g	18.5g
- sugars (g)	11.1g	2.1g
Sodium (mg)	1713mg	319mg

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.

1



Cook the rice

In a medium saucepan, bring the **water** to the boil. Add the **basmati rice** and 1/2 the **chicken-style stock powder**. Stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so *don't peek!*

4



Cook the veggies

Wipe out the pan and return to a medium-high heat with a drizzle of **olive oil**. Add the **carrot** and **green beans** and cook, stirring, until softened, **4-5 minutes**. Add the **baby spinach leaves** and 1/2 the **garlic** and cook, stirring, until wilted and fragrant, **1-2 minutes**. Season to taste.

2



Get prepped

While the rice is cooking, thinly slice the **carrot** into thin sticks. Trim the **green beans**. Finely chop the **garlic**. In a shallow bowl, combine the **salt**, **plain flour** and a pinch of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Separate the **pork schnitzels** (they may be stuck together). Dip each **pork schnitzel** first into the **plain flour**, followed by the **egg** and finally into the **panko breadcrumbs**. Set aside on a plate.

5



Make the coconut sauce

While the veggies are cooking, heat a small saucepan over a medium heat with a drizzle of **olive oil**. Add the **Mild North Indian spice blend** and remaining **garlic** and cook until fragrant, **1 minute**. Add the **coconut milk** and remaining **chicken-style stock powder** and cook, until thickened, **2-3 minutes**.

3



Cook the schnitzel

Heat a large frying pan over a high heat with enough **olive oil** to coat the base of the pan. Cook the **pork schnitzel** in batches until golden on the outside and cooked through, **1-2 minutes** each side. Place the **schnitzel** on a plate lined with paper towel.

6



Serve up

Slice the pork schnitzels. Divide the rice between bowls and top with the schnitzels and garlic veggies. Pour over the coconut curry sauce to serve.

Enjoy!

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