



Sesame Pork Schnitzel & Garlic Rice

with Japanese Mayo

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Capsicum



Carrot



Green Beans



Panko Breadcrumbs



Mixed Sesame Seeds



Mayonnaise



Japanese Dressing



Pork Schnitzels



Chicken Breast

Prep in: 30-40 mins
Ready in: 35-45 mins

Eat Me Early*
*Custom Recipe only

We may be slightly off-key when it comes to karaoke, but our rendition of Japanese tonkatsu – crumbed and fried pork – hits all the right notes. This star performer features a tasty pork schnitzel coated with panko and sesame seeds, accompanied by a beautiful rainbow of veggies and tangy Japanese mayo.

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

Pantry items

Olive Oil, Butter, Plain Flour, Egg, Soy Sauce

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 a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
capsicum	1	2
carrot	1	2
green beans	1 small bag	1 medium bag
mayonnaise	1 medium packet	1 large packet
Japanese dressing	1 packet	2 packets
plain flour*	2 tbs	½ cup
salt* (for the crumb)	1 tsp	2 tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
mixed sesame seeds	1 medium sachet	1 large sachet
pork schnitzels	1 small packet	1 large packet
soy sauce*	1½ tsp	3 tsp
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3825kJ (914Cal)	658kJ (157Cal)
Protein (g)	47.7g	8.2g
Fat, total (g)	33.2g	5.7g
- saturated (g)	8.6g	1.5g
Carbohydrate (g)	101.4g	17.4g
- sugars (g)	14.1g	2.4g
Sodium (mg)	2040mg	351mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3981kJ (951Cal)	656kJ (157Cal)
Protein (g)	51.6g	8.5g
Fat, total (g)	36.5g	6g
- saturated (g)	9.6g	1.6g
Carbohydrate (g)	99.6g	16.4g
- sugars (g)	13.8g	2.3g
Sodium (mg)	1738mg	287mg

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 garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** and bring to the boil. Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from 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!



Fry the pork

- In a large frying pan, heat enough **olive oil** to coat the base over high heat. Cook **pork schnitzels**, 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 chicken schnitzels, in batches, until golden and cooked through, 2-4 minutes each side. Transfer to a paper towel-lined plate.



Get prepped

- Meanwhile, thinly slice **capsicum**. Thinly slice **carrot** into half-moons. Trim and halve **green beans**.
- In a small bowl, combine **mayonnaise** and **Japanese dressing**.

Little cooks: Take charge by combining the sauces!

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally, to make two thin steaks.



Cook the veggies

- Wipe out the pan and return to medium-high heat with a drizzle of **olive oil**. Add **capsicum**, **carrot**, **green beans** and a splash of **water**. Cook, stirring, until tender, **4-5 minutes**.
- Remove pan from heat and add the **soy sauce**, tossing to coat.



Crumb the pork

- In a shallow bowl, combine the **plain flour**, the **salt** and a pinch of **pepper**.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, combine **panko breadcrumbs** and **mixed sesame seeds**.
- Dip **pork schnitzels** into **flour mixture** to coat, then into **egg**, and finally in **breadcrumbs**. Set aside on a plate.

Custom Recipe: Crumb the chicken schnitzel in the same way as the pork schnitzel.



Serve up

- Thickly slice pork schnitzels.
- Divide the garlic rice between bowls and top with the sliced pork and veggies. Serve with a dollop of Japanese mayo. Enjoy!

Custom Recipe: Thinly slice chicken schnitzels to serve.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate