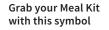


Sesame Pork Schnitzel & Garlic Rice

with Japanese Mayo

KID FRIENDLY













Capsicum



Carrot





Green Beans





Mixed Sesame



Seeds



Japanese Dressing



Pork Schnitzels





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

*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.

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

Ingradients

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	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	⅓ 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		
*D				

^{*}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.

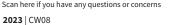
Allergens

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!



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.



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.



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.



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.



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.



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