



# SESAME CRUMBED PORK & GARLIC VEGGIES

with Ginger Rice & Japanese Aioli



Make a Japanese style aioli



Ginger



Basmati Rice



Garlic



Carrot



Red Capsicum



Asian Greens



Spring Onion



Long Red Chilli (Optional)



Garlic Aioli



Japanese Dressing



Pork Schnitzel



Panko Breadcrumbs



Black Sesame Seeds

Hands-on: **30 mins**  
Ready in: **40 mins**  
Spicy (optional long red chilli)

Steamed rice gets a special touch when it's infused with ginger. It's the perfect base for crumbed pork and Japanese style aioli. Taste a home-cooked Japanese feast!

**Pantry Staples:** Olive Oil, Butter, Plain Flour, Egg, Soy Sauce

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



### 1 COOK THE GINGER RICE

Finely grate the **ginger**. In a medium saucepan, melt the **butter** and a **dash** of **olive oil** over a medium heat. Add the **ginger** and cook for **1-2 minutes**, or until fragrant. Add the **water** and **salt (for the rice)** and bring to the boil. Add the **basmati rice**, 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 for another **10-15 minutes**, or until the rice is tender and the water is absorbed. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



### 4 COOK THE VEGGIES

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **carrot** and **red capsicum** and cook, stirring, for **3-4 minutes** or until tender. Add the **Asian greens** and cook for **1 minute**, or until just wilted. Add the **garlic** and **soy sauce** and cook, stirring, for **1 minute** or until fragrant and reduced.



### 2 PREP THE VEG

While the rice is cooking, finely chop the **garlic** (or use a garlic press). Thinly slice the **carrot** (unpeeled) into half-moons. Chop the **red capsicum** into small pieces. Roughly chop the **Asian greens**. Thinly slice the **spring onion**. Thinly slice the **long red chilli** (if using). In a small bowl, combine the **garlic aioli** and **Japanese dressing**.



### 5 COOK THE PORK

Return the frying pan to a medium-high heat with enough **olive oil** to coat the base of the pan. Add the crumbed **pork** and cook for **1-2 minutes** on each side, or until golden and cooked through. Transfer to a plate lined with paper towel.



### 3 CRUMB THE PORK

Pull the **pork schnitzels** apart (there will be about 2 per person). In a shallow bowl, combine the **plain flour**, the **salt (for the pork)** and a **good pinch** of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **panko breadcrumbs** and **black sesame seeds**. Dip the pork schnitzels into the flour mixture, followed by the egg, and finally in the panko breadcrumbs. Set aside on a plate.



### 6 SERVE UP

Thinly slice the pork schnitzel. Divide the ginger rice between bowls. Add the garlic veggies and top with the sesame crumbed pork. Garnish with spring onion and long red chilli (if using). Serve the Japanese aioli on the side.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
ginger	1 knob	2 knobs
butter*	10 g	20 g
water*	1½ cups	3 cups
salt* (for the rice)	¼ tsp	½ tsp
basmati rice	1 packet	2 packets
garlic	2 cloves	4 cloves
carrot	1	2
red capsicum	1	2
Asian greens	1 bunch	2 bunches
spring onion	1 bunch	1 bunch
long red chilli (optional)	1	2
garlic aioli	1 tub (50 g)	2 tubs (100 g)
Japanese dressing	1 tub (30 g)	2 tubs (60 g)
pork schnitzel	1 packet	1 packet
plain flour*	2 tbs	½ cup
salt* (for the pork)	½ tsp	1 tsp
egg*	1	2
panko breadcrumbs	1 packet	2 packets
black sesame seeds	1 sachet	2 sachets
soy sauce*	1 tbs	2 tbs

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3920kJ (937Cal)	693kJ (165Cal)
Protein (g)	51.0g	9.0g
Fat, total (g)	34.9g	6.2g
- saturated (g)	7.0g	1.2g
Carbohydrate (g)	98.8g	17.5g
- sugars (g)	11.2g	2.0g
Sodium (g)	1790mg	317mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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