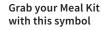


# Peppercorn Crumbed Pork & Brown Rice with Charred Corn & Carrot Salad

**DIETITIAN APPROVED** 













Sweetcorn





**Black Peppercorns** 



Panko Breadcrumbs

Pork Schnitzels



Japanese Dressing





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

Eat Me Early\* \*Custom Recipe only 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!

**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

 ${\sf Medium\ saucepan\cdot Large\ frying\ pan}$ 

## Ingredients

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	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	1/4 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				

<sup>\*</sup>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)	<b>2856kJ</b> (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.



# 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.



# 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.



## 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.



## 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.



# 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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