



# Quick Pork Schnitzel & Indian Coconut Sauce

with Basmati Rice & Garlic Greens

Grab your Meal Kit with this symbol



Basmati Rice



Beef-Style Stock Powder



Panko Breadcrumbs



Pork Schnitzels



Garlic



Broccoli Florets



Baby Spinach Leaves



Mumbai Spice Blend



Coconut Milk

Prep in: **20-30 mins**  
Ready in: **25-35 mins**

We've turbo-charged schnitzel night with some unexpected, yet delightful additions! You'll find a too-good-to-be true creamy coconut sauce infused with Mumbai-style spices, some fluffy rice and a helping of garlic veggies. With immaculate combos like these, it's nothing but happy days ahead!

### Pantry items

Olive Oil, Plain Flour, Egg

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid · Large frying pan ·

Small saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	1½ cups	3 cups
basmati rice	1 packet	1 packet
beef-style stock powder	1 large sachet	2 large sachets
<b>plain flour*</b>	2½ tbs	½ cup
<b>salt*</b>	½ tsp	1 tsp
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 packet	1 packet
garlic	2 cloves	4 cloves
broccoli florets	1 bag (200g)	1 bag (400g)
baby spinach leaves	1 small bag	1 medium bag
Mumbai spice blend	1 sachet	2 sachets
coconut milk	1 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3316kJ (793Cal)	658kJ (157Cal)
Protein (g)	49.7g	9.9g
Fat, total (g)	32.2g	6.4g
- saturated (g)	20g	4g
Carbohydrate (g)	98.8g	19.6g
- sugars (g)	4.6g	0.9g
Sodium (mg)	1696mg	336mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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

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## Cook the rice

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

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

3



## Cook the veggies & sauce

- Finely chop **garlic**.
- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **broccoli florets**, stirring, until softened, **5-6 minutes**.
- Add **baby spinach leaves** and half the **garlic** and cook, stirring, until wilted and fragrant, **1-2 minutes**. Season to taste.
- Heat a small saucepan over medium heat with a drizzle of **olive oil**. Cook **Mumbai spice blend** and remaining **garlic** until fragrant, **1 minute**.
- Add **coconut milk** and remaining **beef-style stock powder** and cook until thickened, **2-3 minutes**.

2



## Cook the pork schnitzels

- While rice is cooking, combine the **plain flour** and **salt** in a shallow bowl. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Separate **pork schnitzels** (if stuck together) to get two per person.
- Coat **pork** in **flour mixture**, followed by the **egg** and finally the **breadcrumbs**. Transfer to a plate.
- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base. When oil is hot, cook **pork schnitzels** in batches until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate.

4



## Serve up

- Slice pork schnitzels.
- Divide basmati rice between bowls. Top with pork schnitzels and garlic greens. Pour over Indian coconut sauce. Enjoy!

## Rate your recipe

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