



Pork Katsu & Garlic Rice

with Garlicky Veggies & Ponzu Cucumber

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Cucumber



Asian Greens



Onion



Ponzu Sauce



Sweet Soy Seasoning



Panko Breadcrumbs



Pork Schnitzels



Katsu Paste



Chicken Breast

Prep in: 20-30 mins
Ready in: 40-50 mins

Eat Me Early*
*Custom Recipe only

The warm tartness with notes of sweet will pop in your mouth and it's all thanks to this katsu sauce poured over crumbed pork. It's a balance of flavours, from garlicky veggies to ponzu soaked cucumber but they're walking that tightrope with ease. It deserves a round of applause.

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

Pantry items

Olive Oil, Butter, Plain Flour, Egg, Brown Sugar

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	40g	80g
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
cucumber	1 (medium)	1 (large)
Asian greens	1 bunch	2 bunches
onion	1 (medium)	1 (large)
ponzu sauce	1 medium packet	1 large packet
plain flour*	2 tbs	¼ cup
sweet soy seasoning	1 sachet	2 sachets
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 packet	1 packet
katsu paste	1 packet (35g)	1 packet (70g)
brown sugar*	2 tsp	4 tsp
water* (for the sauce)	¼ cup	½ cup
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4039kJ (965Cal)	703kJ (168Cal)
Protein (g)	46.2g	8g
Fat, total (g)	36.1g	6.3g
- saturated (g)	16.6g	2.9g
Carbohydrate (g)	110.2g	19.2g
- sugars (g)	15.1g	2.6g
Sodium (mg)	1825mg	318mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3810kJ (911Cal)	641kJ (153Cal)
Protein (g)	50.2g	8.4g
Fat, total (g)	28.3g	4.8g
- saturated (g)	13.4g	2.3g
Carbohydrate (g)	111g	18.7g
- sugars (g)	15.1g	2.5g
Sodium (mg)	1850mg	311mg

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 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



1



Make the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat half the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add the **water (for the rice)** and a generous pinch of **salt** to pan 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 water is absorbed, **10-15 minutes**.

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

Little cooks: Older kids can help add the rice to the saucepan under adult supervision. Be careful, the water is boiling!

4



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** until tender, **4-5 minutes**.
- Add **Asian greens** and remaining **garlic** and cook until fragrant and slightly wilted, **1-2 minutes**.
- Transfer to a bowl and cover to keep warm. Season to taste.

2



Get prepped

- Meanwhile, thinly slice **cucumber** into half-moons. Roughly chop **Asian greens**. Slice **onion** into wedges.
- In a small bowl, combine **ponzu sauce** and **cucumber** and toss to coat. Set aside.

Little cooks: Take charge by combining the cucumber and ponzu!

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

5



Cook the pork katsu

- Return the frying pan to high heat with enough **olive oil** to coat the base. Cook **pork** in batches, until golden and cooked through, **2-3 minutes** each side. Transfer to a paper towel-lined plate.
- Wipe out the frying pan, then return to medium-high heat. Add **katsu paste**, the **brown sugar**, **water (for the sauce)** and the remaining **butter**. Cook, stirring, until slightly reduced, **2-3 minutes**.

Custom Recipe: Return the frying pan to medium-high heat with a drizzle of olive oil. Cook crumbed chicken until cooked through, 3-5 minutes each side. Continue with step.

3



Crumb the schnitzels

- In a shallow bowl, combine the **plain flour** and **sweet soy seasoning**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, add **panko breadcrumbs**.
- Pull apart **pork schnitzels** so you get 2 per person. Coat **pork** first in the **flour mixture**, followed by the **egg** and finally the **panko breadcrumbs**. Transfer to a plate.

Little cooks: Help crumb the pork! Use one hand for the wet ingredients and the other for the dry ingredients to avoid sticky fingers.

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

6



Serve up

- Slice crumbed pork.
- Divide garlic rice between bowls. Top with garlicky veggies, pork schnitzel and katsu sauce.
- Serve with ponzu cucumber. Enjoy!

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