



Quick BBQ Plum Tonkatsu-Style Pork

with Basmati Rice, Cucumber Slaw & Mayo

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Basmati Rice



Radish



Cucumber



BBQ Sauce



Plum Sauce



Sweet Soy Seasoning



Panko Breadcrumbs



Pork Schnitzels



Slaw Mix



Mayonnaise



Chicken Breast

Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

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

Eat Me Early*
*Custom Recipe only

There's no need to fly to Japan to get your hands on a delicious, crunchy and golden tonkatsu pork because we have our own version ready to go right here in your home. Add a special and sweet touch by drizzling the pork in a BBQ plum sauce. You'll feel like you've been transported to the streets of Tokyo!

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

Pantry items

Olive Oil, Plain Flour, Egg, Vinegar (White Wine or Rice Wine)

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 packet	1 packet
radish	1	2
cucumber	1 (medium)	1 (large)
BBQ sauce	1 medium packet	1 large packet
plum sauce	1 medium packet	2 medium packets
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
slaw mix	1 bag (150g)	1 bag (300g)
vinegar* (white wine or rice wine)	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet
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)	3728kJ (891Cal)	711kJ (169Cal)
Protein (g)	44.2g	8.4g
Fat, total (g)	27g	5.2g
- saturated (g)	7.3g	1.4g
Carbohydrate (g)	112.6g	21.5g
- sugars (g)	27.4g	5.2g
Sodium (mg)	1339mg	255mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3499kJ (836Cal)	643kJ (153Cal)
Protein (g)	48.2g	8.9g
Fat, total (g)	19.3g	3.5g
- saturated (g)	4.1g	0.8g
Carbohydrate (g)	113.4g	20.8g
- sugars (g)	27.4g	5g
Sodium (mg)	1364mg	251mg

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

2024 | CW01



1



Cook the rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**.
- Drain and set aside.

3



Make the crumbed pork

- 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** in **flour mixture**, followed by the **egg** and finally in **panko breadcrumbs**. Transfer to a plate.
- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base. Cook **pork** in batches, until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate.

Custom Recipe: If you've swapped your pork schnitzel for chicken breast, place chicken between two sheets of baking paper and pound with a meat mallet or rolling pin until it's an even thickness, about 1cm-thick. Crumb the chicken in the same way as above. Heat the pan as above. When oil is hot, cook crumbed chicken in batches until golden and cooked through, 2-4 minutes each side. Transfer to a paper towel-lined plate.

2



Get prepped

- Meanwhile, thinly slice **radish** and **cucumber** into rounds.
- In a small bowl, combine **BBQ sauce**, **plum sauce** and a splash of **water**. Set aside.

4



Serve up

- In a medium bowl, combine **slaw mix**, cucumber, radish and a drizzle of **vinegar** and olive oil. Season.
- Slice crumbed pork.
- Divide rice, tonkatsu-style crumbed pork and cucumber slaw between bowls. Top pork with BBQ plum sauce and drizzle over **mayonnaise**. Enjoy!

Rate your recipe

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