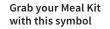


Quick BBQ Plum Tonkatsu-Style Pork with Basmati Rice, Cucumber Slaw & Mayo

TAKEAWAY FAVES













BBQ Sauce

Cucumber





Sweet Soy

Seasoning

Plum Sauce



Panko Breadcrumbs

Pork Schnitzels



Slaw Mix



Mayonnaise



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!

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	⅓ 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

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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.



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.



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.



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!



Did we make your tastebuds happy?
Let our culinary team know: hellofresh.co.nz/rate