



Pork Schnitzel Katsu Curry & Rapid Rice

with Creamy Slaw & Spring Onion

NEW

KID FRIENDLY

AIR FRYER FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Spring Onion



Jasmine Rice



Panko Breadcrumbs



Curry Powder



Pork Schnitzels



Katsu Paste



Shredded Cabbage Mix



Mayonnaise



Chicken Breast

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

Eat Me Early*
*Custom Recipe only

Warm, tart and sweet - all words we use to describe luscious katsu sauce, the superhero sidekick of Japanese cuisine! Pour it over a golden crumbed pork schnitzel with fluffy rice, and watch as every bite becomes a delicious thrill ride.

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

Pantry items

Olive Oil, Egg, Plain Flour, Brown Sugar, Butter, Vinegar (White Wine or Rice Wine), Sesame Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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 · Air fryer · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
spring onion	1	2
jasmine rice	1 medium packet	1 large packet
egg*	1	2
plain flour*	2 tbs	¼ cup
panko		
breadcrumbs	1 medium packet	1 large packet
curry powder	1 sachet	2 sachets
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
katsu paste	1 medium packet	1 large packet
brown sugar*	1 tsp	2 tsp
water*	¼ cup	½ cup
butter*	20g	40g
shredded cabbage mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
sesame oil*	1 tbs	2 tbs
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3816kJ (912Cal)	754kJ (180Cal)
Protein (g)	43.1g	8.5g
Fat, total (g)	51.5g	10.2g
- saturated (g)	15.9g	3.1g
Carbohydrate (g)	67.9g	13.4g
- sugars (g)	11.1g	2.2g
Sodium (mg)	932mg	184mg
Dietary Fibre (g)	5.5g	1.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3613kJ (864Cal)	664kJ (159Cal)
Protein (g)	52.9g	9.7g
Fat, total (g)	41.7g	7.7g
- saturated (g)	12.1g	2.2g
Carbohydrate (g)	68.9g	12.7g
- sugars (g)	11.2g	2.1g
Sodium (mg)	993mg	183mg
Dietary fibre	5.5g	1g

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.



1 Make the rice

- Boil the kettle. Grate **carrot**. Thinly slice **spring onion**. Half-fill a medium saucepan with boiling water.
- Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12-14 minutes**. Drain, rinse with warm water and set aside.
- Meanwhile, in a shallow bowl, whisk the **egg**, **plain flour** and a pinch of **salt** until combined. In a second shallow bowl, combine **panko breadcrumbs**, **curry powder** and **olive oil** (2 tbs for 2 people / ¼ cup for 4 people).

TIP: No air fryer? Leave the oil out of the panko mixture!

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top and slice through horizontally to make two thin steaks.



3 Cook the sauce

- Meanwhile, heat a large frying pan over medium heat.
- Add **katsu paste**, the **brown sugar**, **water** and **butter**. Cook, stirring, until slightly reduced, **1-2 minutes**.



2 Air fry the pork

- Dip **pork schnitzel** into **egg mixture**, and then into **spiced breadcrumbs**. Set aside on a plate.
- Set your air fryer to **200°C**. Place **crumbed pork** into air fryer basket and cook until golden and cooked through, **12-15 minutes**.

TIP: No air fryer? 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.

Custom Recipe: Crumb and cook chicken in air fryer as above. No air fryer? Heat pan as above. Cook crumbed chicken in batches until golden and cooked through (not pink inside), 3-5 minutes each side.



4 Serve up

- In a large bowl, combine **shredded cabbage mix**, carrot, **mayonnaise**, a drizzle of **vinegar** and the **sesame oil**. Season to taste.
- Slice pork schnitzel.
- Divide rapid rice between bowls. Top with pork schnitzel, katsu sauce and creamy slaw. Sprinkle with spring onion to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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