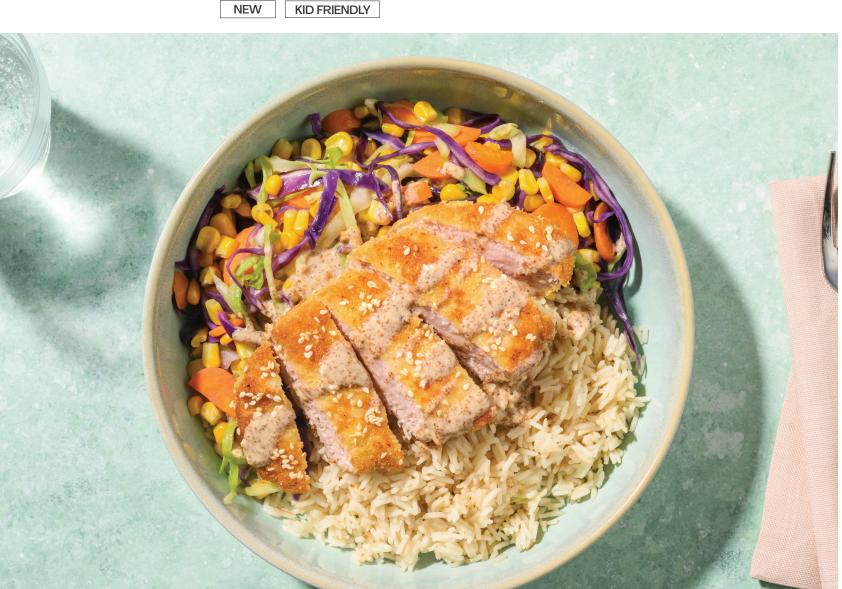


Asian Crumbed Pork & Soy Veggies

with Ginger Rice & Sesame Dressing

NEW



Grab your meal kit with this number









Carrot



Sweetcorn





Panko Breadcrumbs





Pork Schnitzels

Shredded Cabbage



Sesame Dressing







Prep in: 30-40 mins Ready in: 35-45 mins

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
butter*	20g	40g
ginger paste	1 medium packet	1 large packet
jasmine rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
carrot	1	2
sweetcorn	1 medium tin	1 large tin
plain flour*	2 tbs	1/4 cup
salt*	½ tsp	1 tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
sesame seeds	1 medium sachet	1 large sachet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
shredded cabbage mix	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
sesame dressing	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3178kJ (759cal)	320kJ (76cal)
Protein (g)	43.8g	4.4g
Fat, total (g)	34.3g	3.5g
- saturated (g)	12.2g	1.2g
Carbohydrate (g)	66.2g	6.7g
- sugars (g)	10.1g	1g
Sodium (mg)	1454mg	146.4mg
Dietary Fibre (g)	5.5g	0.6g

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.



Make the ginger rice

- In a medium saucepan, heat the butter and a dash of olive oil over medium heat. Cook ginger paste until fragrant, 1-2 minutes.
- Add jasmine rice, the water and a generous pinch of salt to the pan and bring to the boil.
 Reduce heat to low and cover with a lid.
- Cook for 12 minutes, then remove from heat and keep covered until rice is tender and all the water is absorbed, 10-15 minutes.

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

TIP: Cover the pan with a lid if the ginger paste starts to spatter!



Get prepped

 While the rice is cooking, thinly slice carrot into half-moons. Drain sweetcorn.



Crumb the pork

- In a shallow bowl, combine the **plain flour** and **salt**, then season with **pepper**.
- In a second shallow bowl, whisk the egg.
- In a third shallow bowl, combine panko breadcrumbs and sesame seeds.
- Separate pork schnitzels (if stuck together) to get two per person. Coat pork in flour mixture, followed by the egg and finally the breadcrumb mixture. Transfer to a plate.



Cook the veggies

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook carrot until tender, 3-4 minutes.
- Add sweetcorn and shredded cabbage mix, and cook until tender, 2-3 minutes.
- Add the soy sauce and cook, stirring, until fragrant, 1 minute. Transfer to a bowl and cover to keep warm.



Cook the pork

- Return the frying pan to medium-high heat with enough **olive oil** to coat the base of the pan.
- Cook crumbed pork in batches until golden and cooked through, 1-2 minutes each side. Transfer to a paper towel-lined plate.



Serve up

- Slice Asian crumbed pork.
- Divide ginger rice between bowls then top with soy veggies and pork.
- Drizzle over **sesame dressing** to serve. Enjoy!

