



Asian Crumbed Pork & Soy Veggies

with Ginger Rice & Sesame Dressing

NEW

KID FRIENDLY

Grab your meal kit with this number

2



Ginger Paste



Jasmine Rice



Carrot



Sweetcorn



Panko Breadcrumbs



Sesame Seeds



Pork Schnitzels



Shredded Cabbage Mix



Sesame Dressing



Chicken Breast



Diced Bacon

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

This pork schnitzel has a fun Asian twist, with sesame seeds mixed right into the golden crumb. Serve it atop fragrant ginger rice and savoury soy veggies, with a drizzle of sesame dressing to pull it all together. Go on, grab a fork and dig right in!

Pantry items

Olive Oil, Butter, Plain Flour, Egg, Soy Sauce

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	¼ 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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW39



1 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!



4 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.



2 Get prepped

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



5 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.



3 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.



6 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!

CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



ADD DICED BACON

Cook, breaking up with a spoon, 4-6 minutes. Add to veggies.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

