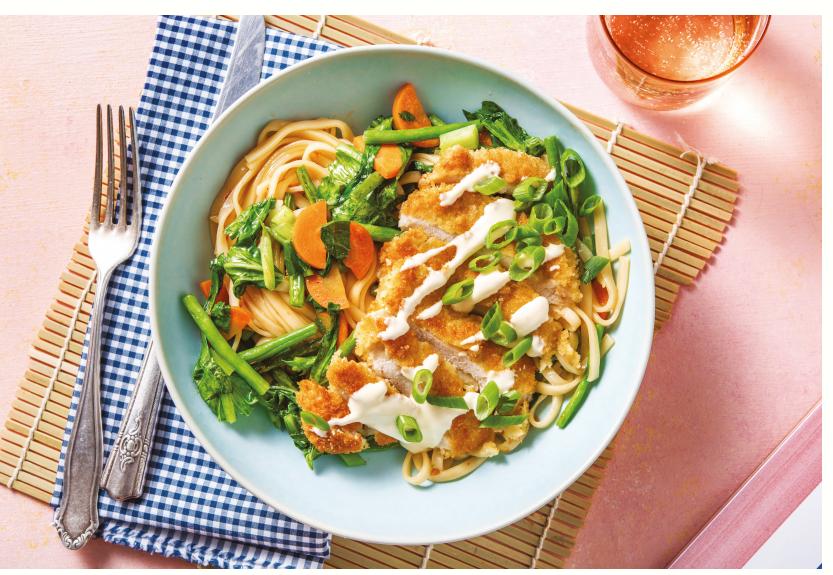


PANKO-CRUMBED PORK KATSU

with Sweet Chilli Noodles & Green Beans





Make Japanese-style crumbed pork







Asian Greens



Garlic



Green Beans



Spring Onion



Panko Breadcrumbs



Pork Schnitzel



Udon Noodles



Sweet Chilli Sauce



Mayonnaise

Hands-on: 25 mins Ready in: 35 mins This pork katsu is absolutely delicious, and it's also one of those dishes you can plate up to look as good as it tastes. Get ready to go pro tonight!

Pantry Staples: Olive Oil, Plain Flour, Egg, Soy Sauce, Rice Wine Vinegar (Or White Wine Vinegar) Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use: · medium saucepan · large frying pan



GET PREPPED Bring a medium saucepan of water to the boil. Thinly slice the carrot (unpeeled) into half-moons. Roughly chop the Asian greens. Finely chop the **garlic** (or use a garlic press). Trim and halve the green beans. Thinly slice the spring onion.



CRUMB THE PORK Place the **plain flour** and **salt** in a shallow bowl. In a second shallow bowl, whisk the egg. Place the panko breadcrumbs in the third shallow bowl. Pull the pork schnitzels apart (they may be stuck together). Dip the pork in the flour, followed by the egg, and finally in the panko breadcrumbs. Place the crumbed pork on a plate. * TIP: Use one hand for the wet ingredients and one hand for the dry ingredients to stop your hands getting too messy!



T COOK THE UDON NOODLES Add the udon noodles (see ingredients list) to the saucepan of boiling water and cook until just tender, 8-10 minutes. Drain and refresh under cold water. Return the noodles to the saucepan, add the sweet chilli sauce and soy sauce and toss to coat. Set aside.



COOK THE PORK KATSU While the noodles are cooking, heat a large frying pan over a medium-high heat. Add enough **olive oil** to coat the base of the pan. When the oil is hot, add 1/2 the crumbed pork. Cook until golden and cooked through, **1-2 minutes** each side. Transfer to a plate lined with paper towel. Repeat with the remaining pork.



COOK THE VEGGIES Wipe out the frying pan and return to a medium-high heat with a drizzle of olive oil. Add the carrot and green beans and cook until tender, 5-6 minutes. Add the Asian greens and garlic, and cook until tender and fragrant, 2 minutes. Add the udon noodle mixture and toss to coat until heated through, 1 minute. Season to taste with salt and pepper. In a small bowl, combine the mayonnaise and rice wine vinegar.



SERVE UP Thinly slice the pork katsu. Divide the udon noodles and vegetables between bowls. Top with the sliced pork katsu. Drizzle with the mayo mixture and garnish with the spring onion.

ENJOY!

INGREDIENTS

	7	7
	2P	4P
olive oil*	refer to method	refer to method
carrot	1	2
Asian greens	1 bunch	2 bunches
garlic	2	4
green beans	1 bag (100 g)	1 bag (200 g)
spring onion	1 bunch	1 bunch
plain flour*	2 ½ tbs	⅓ cup
salt*	½ tsp	1 tsp
egg*	1	2
panko breadcrumbs	1 packet	2 packets
pork schnitzel	1 packet	1 packet
udon noodles	½ packet	1 packet
sweet chilli sauce	1 tub (50 g)	1 tub (100 g)
soy sauce*	1 tbs	2 tbs
mayonnaise	1 tub (40 g)	2 tubs (80 g)
rice wine vinegar* (or white wine vinegar)	1 tsp	2 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3460kJ (826Cal)	634kJ (151Cal)
Protein (g)	49.8g	9.1g
Fat, total (g)	25.1g	4.6g
- saturated (g)	3.7g	0.7g
Carbohydrate (g)	94.7g	17.4g
- sugars (g)	18.5g	3.4g
Sodium (g)	2750mg	504mg

For allergens and ingredient information, visit HelloFresh.co.nz/recipes

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