



Sesame-Crusted Pork Schnitzel

with Charred Corn Brown Rice & Asian Slaw

NEW

DIETITIAN APPROVED



Grab your Meal Kit with this symbol



Garlic



Brown Rice



Sweetcorn



Panko Breadcrumbs



Sesame Seeds



Zesty Chilli Salt



Baby Spinach Leaves



Garlic Aioli



Pork Schnitzels



Shredded Cabbage Mix



Chicken Breast

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me Early*
*Custom Recipe only

Things are getting fun tonight. We're crumbing out succulent pork schnitzels in sesame seeds. Drizzle it in garlic aioli for a hit of rich flavour and serve on top of charred corn brown rice for that classic schnitzel dinner feel.

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

Pantry items

Olive Oil, Plain Flour, Egg, Rice Wine Vinegar, Sesame Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
brown rice	1 packet	2 packets
sweetcorn	1 tin	1 tin
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
sesame seeds	1 sachet	1 sachet
pork schnitzels	1 packet	1 packet
zesty chilli salt	pinch	pinch
shredded cabbage mix	1 bag (150g)	1 bag (300g)
baby spinach leaves	1 small bag	1 medium bag
rice wine vinegar*	drizzle	drizzle
sesame oil*	2 tsp	4 tsp
garlic aioli	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3941kJ (942Cal)	860kJ (206Cal)
Protein (g)	47.2g	10.3g
Fat, total (g)	45.6g	10g
- saturated (g)	9.2g	2g
Carbohydrate (g)	81.9g	17.9g
- sugars (g)	6.2g	1.4g
Sodium (mg)	609mg	133mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3725kJ (890Cal)	779kJ (186Cal)
Protein (g)	50.5g	10.6g
Fat, total (g)	38.2g	8g
- saturated (g)	6.1g	1.3g
Carbohydrate (g)	81.9g	17.1g
- sugars (g)	6.2g	1.3g
Sodium (mg)	633mg	132mg

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



2023 | CW04

1



Cook the brown rice

- Boil the kettle. Finely chop **garlic**.
- Half-fill a medium saucepan with boiling **water**. Add **brown rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **25-30 minutes**. Drain **rice** and set aside.
- Return saucepan to medium heat with a dash of **olive oil**. Add **garlic** and cook until fragrant, **1-2 minutes**.
- Return **rice** to the saucepan, add a generous pinch of **salt** and stir to combine. Remove from heat.

4



Fry the pork schnitzels

- Return frying pan to high heat with enough **olive oil** to coat the base.
- Fry **pork schnitzels** in batches until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate and sprinkle over a pinch of **zesty chilli salt**.

Custom Recipe: Heat a large frying pan over medium-high heat with enough olive oil to cover base. Cook crumbed chicken in batches until golden and cooked through, 2-4 minutes each side. Transfer to a paper towel-lined plate.

2



Crumb the pork

- Meanwhile, drain **sweetcorn**.
- In a shallow bowl, combine the **plain flour** and a generous pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs** and **sesame seeds**. Separate **pork schnitzels** to get two per person.
- Dip **pork** into **flour mixture**, followed by the **egg** and finally in **sesame-panko breadcrumbs**. Set aside on a plate.

Custom Recipe: If you've swapped to chicken breast, then prep crumbing station as above. Place chicken breast between two sheets of baking paper. Pound chicken with a meat mallet or rolling pin until they are an even thickness, about 1cm-thick. Dip chicken in mixture as above. Set aside on a plate.

5



Bring it all together

- Meanwhile, combine **shredded cabbage mix**, **baby spinach leaves** and a drizzle of **rice wine vinegar** and **olive oil** in a large bowl.
- Toss to combine and season to taste.
- To the **rice**, stir through the charred **corn** and the **sesame oil**.

3



Char the corn

- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

6



Serve up

- Slice pork schnitzels.
- Divide charred corn brown rice and Asian slaw between bowls.
- Top with sesame-crusted pork schnitzel and drizzle over **garlic aioli** to serve. Enjoy!

Rate your recipe

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