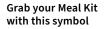


Sesame Pork Schnitzels & Garlic Rice

with Japanese Aioli





















Japanese Dressing





Panko Breadcrumbs

Mixed Sesame Seeds







Pork Schnitzel

Sweet Chilli Sauce

Pantry items

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

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 with a lid · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	2 cloves	4 cloves	
butter*	20g	40g	
jasmine rice	1 packet	1 packet	
water*	1¼ cups	2½ cups	
salt* (for the rice)	1/4 tsp	½ tsp	
broccoli	1 head	2 heads	
carrot	1	2	
garlic aioli	1 packet (50g)	1 packet (100g)	
Japanese dressing	1 packet (30g)	2 packets (60g)	
plain flour*	2 tbs	⅓ cup	
salt* (for the crumb)	1 tsp	2 tsp	
egg*	1	2	
panko breadcrumbs	1 packet	1 packet	
mixed sesame seeds	1 sachet	1 sachet	
pork schnitzel	1 packet	1 packet	
sweet chilli sauce	1 packet (25g)	1 packet (50g)	
soy sauce*	1½ tsp	1 tbs	
*D			

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4340kJ (1040Cal)	742kJ (177Cal)
Protein (g)	56.2g	9.6g
Fat, total (g)	38.9g	6.7g
- saturated (g)	9.7g	1.7g
Carbohydrate (g)	110g	18.8g
- sugars (g)	14.6g	2.5g
Sodium (mg)	1460mg	251mg

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.



Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water** and **salt (for the rice)**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

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



Get prepped

While the rice is cooking, cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **carrot** (unpeeled) into half-moons. In a small bowl, combine the **garlic aioli** and **Japanese dressing**. Set aside.



Crumb the pork

In a shallow bowl, combine the plain flour and salt (for the crumb), then season with pepper. In a second shallow bowl, whisk the egg. In a third shallow bowl, combine the panko breadcrumbs and mixed sesame seeds. Separate the pork schnitzels (they may be stuck together). Dip each pork schnitzel first into the seasoned flour, followed by the egg, and finally into the pankosesame mixture. Transfer to a plate.



Cook the pork

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, cook the crumbed **pork**, in batches, until golden and cooked through, **2-3 minutes** each side. Transfer to a plate lined with paper towel.

TIP: Add extra oil between batches if needed.



Cook the veggies

Wipe out the frying pan and return to a mediumhigh heat with a drizzle of **olive oil**. Add the **broccoli**, **carrot** and a splash of **water** and cook, tossing, until tender, **5-6 minutes**. Add the **sweet chilli sauce** and **soy sauce** and cook, stirring, until combined, **2 minutes**.



Serve up

Slice the pork. Divide the garlic rice between bowls and top with the sesame pork schnitzels and sweet chilli veggies. Serve with the Japanese aioli.

Enjoy!