

# Sesame Pork Schnitzels & Garlic Rice

with Japanese Aioli

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Broccoli



Carrot



Garlic Aioli



Japanese Dressing



Panko Breadcrumbs



Mixed Sesame Seeds



Pork Schnitzel



Sweet Chilli Sauce

 Hands-on: 40-50 mins  
Ready in: 45-55 mins

We may be slightly off-key when it comes to karaoke, but our rendition of Japanese tonkatsu – crumbed and fried pork – hits all the right notes. This star performer features a tasty pork schnitzel coated with panko and sesame seeds, accompanied by a beautiful rainbow of veggies and tangy Japanese mayo.

### 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

	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)	¼ 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	½ 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

\*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](https://www.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!



## 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.



## 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.



## Cook the veggies

Wipe out the frying pan and return to a medium-high 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**.



## 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 **panko-sesame mixture**. Transfer to a plate.



## 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!