



# Sesame Pork Schnitzel & Garlic Rice

with Japanese Aioli & Sweet Chilli Broccoli

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Broccoli



Garlic Aioli



Japanese Dressing



Panko Breadcrumbs



Mixed Sesame Seeds



Pork Schnitzels



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 aioli.

### 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
garlic aioli	1 packet (50g)	1 packet (100g)
Japanese dressing	1 packet (30g)	2 packets (60g)
plain flour*	2½ tbs	½ cup
salt*		
(for the crumb)	1 tsp	2 tsp
egg*	1	2
panko breadcrumbs	1 packet	1 packet
mixed sesame seeds	1 packet	1 packet
pork schnitzels	1 packet	1 packet
sweet chilli sauce	1 packet (25g)	1 packet (50g)
soy sauce*	½ tbs	1 tbs

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4075kJ (973Cal)	770kJ (184Cal)
Protein (g)	57.6g	10.9g
Fat, total (g)	36.7g	6.9g
- saturated (g)	9.4g	1.8g
Carbohydrate (g)	99g	18.7g
- sugars (g)	9.9g	1.9g
Sodium (mg)	2065mg	390mg

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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. Cook the garlic 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!

4



## 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.

2



## Get prepped

While the rice is cooking, cut the **broccoli** into small florets and roughly chop the stalk. In a medium bowl, combine the **garlic aioli** and **Japanese dressing**. Set aside.

5



## Cook the broccoli

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

3



## 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.

6



## Serve up

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

## Enjoy!