



# PORK KATSU

with Sesame Roasted Carrots & Ginger Rice

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Carrots



1 Thumb | 1 Thumb  
Ginger



2 | 2  
Scallions



½ Cup | 1 Cup  
Jasmine Rice



1 tsp | 2 tsp  
Garlic Powder



½ Cup | 1 Cup  
Panko  
Breadcrumbs  
Contains: Wheat



2 TBSP | 4 TBSP  
Sour Cream  
Contains: Milk



12 oz | 24 oz  
Pork Cutlets



4 TBSP | 8 TBSP  
Katsu Sauce  
Contains: Soy, Wheat



1 TBSP | 1 TBSP  
Sesame Seeds



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



## HelloCustom

2 PERSON | 4 PERSON

If you chose a different protein or veggie when placing your order, follow the HelloCustom instructions on the flip side of this card to learn how to modify your meal.



12 oz | 24 oz  
Cauliflower Rice

Calories: 750



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 900





HELLO

## PORK KATSU

This Japanese dish, also called *tonkatsu*, combines panko-breaded and fried cutlets with a warm, tangy-sweet sauce.

### WE'RE BIASED, BUT ...

Why do we instruct you to slice the carrots on a diagonal in step 1? This knife technique, called a bias cut, maximizes surface area so the carrots get extra-caramelized in the oven. Another bonus? The presentation—we love the look of those angled slices!

### BUST OUT

- Peeler
- Baking sheet
- Small pot
- Paper towels
- Zip-close bag
- Medium bowl
- Large pan
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP + more for frying)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk
- Medium bowl
- Plastic wrap

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\*Pork is fully cooked when internal temperature reaches 145°.



### 1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Peel and mince or grate **ginger**. Trim and thinly slice **scallions**, separating whites from greens.



### 4 COAT PORK

- Meanwhile, pat **pork\*** dry with paper towels.
- Place **panko, garlic powder, salt (we used 1 tsp; 2 tsp for 4 servings), and pepper** in a gallon-size zip-close bag.
- Place **sour cream** in a medium bowl; add pork and turn to evenly coat.
- Add coated pork to bag with seasoned panko and seal to close. Shake until pork is evenly coated. **TIP: You may need to move around cutlets in bag, pressing with your hands, to spread out panko and make it stick.**



### 2 ROAST CARROTS

- Toss **carrots** on a baking sheet with a **large drizzle of oil, salt, and pepper**. Roast on top rack until tender, 20-25 minutes.
- Once roasted, carefully toss with **sesame seeds**.



### 5 COOK PORK

- Heat a ¼-inch layer of oil in a large pan over medium-high heat. Once oil is shimmering and hot enough that a **pinch of panko** sizzles when added to the pan, add **coated pork (discard any remaining panko in bag)**.
- Cook until panko is golden brown and pork is cooked through, 2-3 minutes per side. **(For 4 servings, cook in batches.)**
- Transfer to a paper-towel-lined plate.



### 3 COOK RICE

- While carrots roast, heat a **drizzle of oil** in a small pot over medium-high heat. Add **ginger** and **scallion whites**; cook, stirring, until fragrant, 1 minute.
- Stir in **rice** and ¾ cup water (1¼ cups for 4 servings). Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.

- Place **cauliflower rice, ginger, and scallion whites** in a medium microwave-safe bowl (**large bowl for 4 servings**). Cover tightly with plastic wrap and poke a few holes in wrap. Microwave until tender, 5 minutes. Carefully uncover (**watch out for steam!**) and set aside. (**Save jasmine rice for another use.**)



### 6 FINISH & SERVE

- Place **katsu sauce** in a small microwave-safe bowl; microwave until warmed through, 30 seconds.
- Fluff **rice** with a fork; stir in **1 TBSP butter (2 TBSP for 4 servings)** and season with **salt and pepper**.
- Divide rice, **pork**, and **carrots** between plates. Drizzle pork with katsu sauce. Sprinkle with **scallion greens** and serve.

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