



Sesame Crumbed Pork

with Honey-Soy Veggies, Garlic Rice & Mayo

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Capsicum



Asian Greens



Southeast Asian Spice Blend



Panko Breadcrumbs



Sesame Seeds



Pork Schnitzel



Spring Onion



Mayonnaise

Hands-on: **30-40 mins**
Ready in: **40-50 mins**

This dish is a delectable combo of sesame crumbed pork and bright veggies with an Asian twist; a honey-soy glaze. Finish it off with a bed of fluffy garlic rice as the perfect addition to round out the meal.

Pantry items

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

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
jasmine rice	1 packet	2 packets
water*	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
carrot	1	2
capsicum	1	2
Asian greens	1 bunch	1 bunch
soy sauce*	1½ tbs	3 tbs
honey*	1½ tbs	3 tbs
plain flour*	2 tsp	4 tsp
Southeast Asian spice blend	1 sachet	1 sachet
egg*	1	2
panko breadcrumbs	1 packet	2 packets
sesame seeds	1 sachet	2 sachets
pork schnitzel	1 packet	1 packet
spring onion	2 stems	4 stems
mayonnaise	1 packet (40g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3540kJ (846Cal)	648kJ (155Cal)
Protein (g)	50.8g	9.3g
Fat, total (g)	22.2g	4.1g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	106g	19.4g
- sugars (g)	22.8g	4.2g
Sodium (mg)	1510mg	277mg

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.



1. Cook the garlic rice

Finely chop the **garlic** (or use a garlic press). Heat a medium saucepan over a medium heat with a **drizzle of olive oil**. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water** and the **salt**, 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, season with **salt** and set aside to rest.

TIP: Add extra oil between batches if needed.



2. Get prepped

While the rice is cooking, thinly slice the **carrot** (unpeeled) into half-moons. Cut the **capsicum** into 1cm strips. Roughly chop the **Asian greens**. In a small bowl, combine the **soy sauce** and **honey**. Set aside.



5. Cook the veggies

While the pork is resting, wipe out the frying pan and return to a high heat with a **drizzle of olive oil**. Add the **carrot** and **capsicum** and cook until tender, **4-5 minutes**. Add the **Asian greens** and **honey-soy mixture** and cook until the Asian greens are just wilted and the veggies are well coated, **1-2 minutes**.



3. Crumb the pork

In a shallow bowl, combine the **plain flour**, **Southeast Asian spice blend** and season with **pepper**. In a second shallow bowl, whisk the **egg** with a fork. In a third shallow bowl, combine the **panko breadcrumbs** and **sesame seeds**. Separate the **pork schnitzels** (they may be stuck together). Dip each **pork schnitzel** first into the **flour mixture**, followed by the **egg** and finally into the **panko-sesame mixture**. Set aside on a plate.



6. Serve up

Thinly slice the **spring onion**. Thickly slice the pork. Divide the garlic rice and honey-soy veggies between bowls. Top with the sesame crumbed pork. Serve with the **mayonnaise** and garnish with the spring onion.

Enjoy!