



Sesame Crumbed Pork & Ginger Rice Bowl

with Soy Veggies & Japanese Mayo

Grab your Meal Kit with this symbol 



-  Ginger
-  Basmati Rice
-  Garlic
-  Carrot
-  Broccoli
-  Asian Greens
-  Spring Onion
-  Long Green Chilli (Optional)
-  Garlic Aioli
-  Japanese Dressing
-  Pork Schnitzel
-  Panko Breadcrumbs
-  Black Sesame Seeds

-  Hands-on: **30-40 mins**
-  Ready in: **40-50 mins**
-  Spicy (optional long green chilli)

Steamed rice gets a special touch when it's infused with ginger. It's the perfect base for crumbed pork and Japanese-style mayo so you can taste a home-cooked Japanese feast with ease!

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
ginger	1 knob	2 knobs
butter*	10g	20g
water*	1½ cups	3 cups
salt* (for the rice)	¼ tsp	½ tsp
basmati rice	1 packet	2 packets
garlic	2 cloves	4 cloves
carrot	1	2
broccoli	1 bunch	1 bunch
Asian greens	1 bunch	1 bunch
spring onion	1 bunch	1 bunch
long green chilli (optional)	½	1
garlic aioli	1 packet (50g)	1 packet (100g)
Japanese dressing	1 packet (30g)	2 packets (60g)
pork schnitzel	1 packet	1 packet
plain flour*	2½ tbs	½ cup
salt* (for the pork)	½ tsp	1 tsp
egg*	1	2
panko breadcrumbs	1 packet	2 packets
black sesame seeds	1 sachet	1 sachet
soy sauce*	1 tbs	2 tbs

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3920kJ (937Cal)	735kJ (176Cal)
Protein (g)	52.2g	9.8g
Fat, total (g)	34.0g	6.4g
- saturated (g)	6.9g	1.3g
Carbohydrate (g)	102g	19.0g
- sugars (g)	11.8g	2.2g
Sodium (mg)	1560mg	293mg

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.



1. Cook the ginger rice

Finely grate the **ginger**. In a medium saucepan, melt the **butter** and a **dash** of **olive oil** over a medium heat. Add the **ginger** and cook until fragrant, **1-2 minutes**. Add the **water** and **salt (for the rice)** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan 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 veggies

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **carrot** and **broccoli** and cook, stirring, until tender, **5-6 minutes**. Add the **Asian greens** and cook until just wilted, **1 minute**. Add the **garlic** and **soy sauce** and cook, stirring, until fragrant, **1 minute**. Transfer to a bowl and cover to keep warm.



2. Get prepped

While the rice is cooking, finely chop the **garlic** (or use a garlic press). Thinly slice the **carrot** (unpeeled) into half-moons. Trim the **broccoli** and cut into 2cm pieces. Roughly chop the **Asian greens**. Thinly slice the **spring onion**. Thinly slice the **long green chilli (see ingredients list)**, if using. In a small bowl, combine the **garlic aioli** and **Japanese dressing**. Set aside.



5. Cook the pork

Return the frying pan to a medium-high heat with enough **olive oil** to coat the base of the pan. Add the crumbed **pork** and cook until golden and cooked through, **2-3 minutes** each side. Transfer to a plate lined with paper towel.



3. Crumb the pork

Pull the **pork schnitzels** apart (they may be stuck together). In a shallow bowl, combine the **plain flour**, **salt (for the pork)** and a **good pinch** of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **panko breadcrumbs** and **black sesame seeds**. Dip the **pork schnitzels** into the seasoned **flour**, followed by the **egg**, and finally in the **panko-sesame mixture**. Transfer to a plate.



6. Serve up

Thinly slice the pork. Divide the ginger rice between bowls. Top with the soy veggies and sesame crumbed pork. Garnish with the spring onion and chilli (if using). Serve with the Japanese mayo.

Enjoy!