



Sesame-Crumbed Pork & Garlic Veggies

with Ginger Rice & Japanese Mayo

Grab your Meal Kit with this symbol



Ginger



Basmati Rice



Garlic



Carrot



Asian Greens



Garlic Aioli



Japanese Dressing



Pork Schnitzels



Panko Breadcrumbs



Black Sesame Seeds



Shredded Cabbage Mix



Long Green Chilli (Optional)

Keep an eye out...

Due to recent sourcing challenges, we've replaced green beans with shredded cabbage, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Pantry items

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

- 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 mayo so you can taste a home-cooked Japanese feast with ease!

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
basmati rice	1 packet	1 packet
garlic	2 cloves	4 cloves
carrot	1	2
Asian greens	1 bag	1 bag
garlic aioli	1 packet (50g)	1 packet (100g)
Japanese dressing	1 packet (30g)	2 packets (60g)
pork schnitzels	1 packet	1 packet
plain flour*	2 tbs	½ cup
salt*	½ tsp	1 tsp
egg*	1	2
panko breadcrumbs	1 packet	1 packet
black sesame seeds	1 sachet	1 sachet
shredded cabbage mix	1 bag (150g)	1 bag (300g)
soy sauce*	1 tbs	2 tbs
long green chilli (optional)	½	1

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4197kJ (1003Cal)	684kJ (163Cal)
Protein (g)	57.1g	9.3g
Fat, total (g)	39.4g	6.4g
- saturated (g)	8.3g	1.4g
Carbohydrate (g)	104.5g	17g
- sugars (g)	11.7g	1.9g
Sodium (mg)	1652mg	269mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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. Cook the **ginger** until fragrant, **1-2 minutes**. Add the **water**, **basmati rice** and a generous pinch of **salt**, stir and bring to the boil. 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!



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** until tender, **5-6 minutes**. Add the **Asian greens** and **shredded cabbage mix** and cook until just softened, **2-3 minutes**. Add the **garlic** and **soy sauce** and cook, stirring, until fragrant, **1 minute**. Transfer to a bowl.



Get prepped

While the rice is cooking, finely chop the **garlic**. Thinly slice the **carrot** into half-moons. Roughly chop the **Asian greens**. In a small bowl, combine the **garlic aioli** and **Japanese dressing**. Set aside.



Cook the pork

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



Crumb the pork

Pull the **pork schnitzels** apart (they may be stuck together). In a shallow bowl, combine the **plain flour** and **salt**, then season with **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 **flour mixture**, followed by the **egg**, and finally into the **panko-sesame mixture**. Transfer to a plate.



Serve up

Thinly slice the **long green chilli** (if using). Slice the sesame-crumbed pork. Divide the ginger rice between bowls. Top with the soy veggies and pork. Garnish with the chilli. Serve with the Japanese mayo.

Enjoy!