HELLO FRESH

Peppercorn Crumbed Pork & Brown Rice
with Charred Corn & Carrot Salad

DIETITIAN APPROVED

Brown Rice

Garlic

Sweetcorn

Carrot

Black Peppercorns

Panko Breadcrumbs

Pork Schnitzels

Mixed Salad Leaves

Japanese Dressing

Chicken Breast

Prep in: 25-35 mins
Ready in: 35-45 mins

Calorie Smart*
Custom Recipe is not Calorie Smart

Let's hear it for brown rice - tonight's grain star, that creates the perfect bed for juicy crumbed pork. We've done things a little differently, by adding some black peppercorns to the pork for some extra kick, but also kept to our roots by adding a staple carrot salad to complete this all-rounder dish!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plain Flour, Egg, Vinegar (White Wine or Rice Wine)

N

Before you start
Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need
Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
*olive oil**	refer to method	refer to method
brown rice	½ large packet	1 large packet
garlic	1 clove	2 cloves
sweetcorn	1 tin (125g)	1 tin (300g)
carrot	1	2
black peppercorns	1 medium sachet	1 large sachet
*plain flour**	2 tbs	¼ cup
*egg**	1	2
panko breadcrumbs	1 medium packet	2 medium packets
pork schnitzels	1 small packet	2 small packets OR 1 large packet
mixed salad leaves	1 small bag	1 medium bag
*vinegar** (white wine or rice wine)	drizzle	drizzle
Japanese dressing	1 packet	2 packets
chicken breast**	1 small packet	2 small packets OR 1 large packet

**Pantry Items* ****Custom Recipe Ingredient*

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2697kJ (645Cal)	661kJ (158Cal)
Protein (g)	44.2g	10.8g
Fat, total (g)	13.9g	3.4g
- saturated (g)	2.5g	0.6g
Carbohydrate (g)	81.2g	19.9g
- sugars (g)	9.1g	2.2g
Sodium (mg)	851mg	209mg
Dietary Fibre (g)	12.2g	3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2828kJ (676Cal)	653kJ (156Cal)
Protein (g)	49.7g	11.5g
Fat, total (g)	15.7g	3.6g
- saturated (g)	3g	0.7g
Carbohydrate (g)	79.4g	18.3g
- sugars (g)	8.8g	2g
Sodium (mg)	540mg	125mg

The quantities provided above are averages only.

Allergens
Always read product labels for the most up-to-date allergen information.
Visit **hellofresh.com.au/foodinfo** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!
Scan here if you have any questions or concerns

1

Cook the rice
- Half-fill a medium saucepan with water. Add **brown rice (see ingredients)** and a generous pinch of **salt**.
- Bring to the boil over high heat and cook, uncovered, until tender, **25-30 minutes**. Drain and set aside in a bowl.
- Meanwhile, finely chop **garlic**.
- Drain **sweetcorn**.
- Grate **carrot**.
- Crush **black peppercorns** with a pestle and mortar or in their sachet using a rolling pin.

2

Crumb the pork
- When the rice has **15 minutes** remaining, in a shallow bowl, combine the **plain flour** and a pinch of **salt**.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, place **panko breadcrumbs** and **crushed peppercorns**.
- Separate **pork schnitzels** to get two per person.
- Dip **pork** into **flour mixture**, followed by the **egg**, and finally in **panko breadcrumbs**. Set aside on a plate.

Custom Recipe: If you've swapped to chicken breast, place chicken breast between two sheets of baking paper. Pound chicken with a rolling pin until they are an even thickness, about 1cm. Crumb chicken as above. Set aside on a plate.

3

Cook the pork
- In a large frying pan, heat enough **olive oil** to coat the base over high heat.
- Fry **pork schnitzel**, in batches, until golden and cooked through, **1-2 minutes** each side.
- Transfer to a paper towel-lined plate.

TIP: *Add extra oil if needed so the schnitzel does not stick to the pan.*

Custom Recipe: In a large frying pan, heat enough olive oil to coat the base over medium-high heat. Cook crumbed chicken in batches until golden and cooked through (when no longer pink inside), 2-4 minutes each side. Transfer to a paper towel-lined plate.

4

Toss the salad
- Meanwhile, in a medium bowl, combine **carrot**, **mixed salad leaves**, a drizzle of the **vinegar** and **olive oil**.
- Toss to combine and season to taste.

5

Flavour the rice
- Return saucepan to medium heat with a drizzle of **olive oil**.
- Cook **corn**, until softened, **4-5 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.
- Return **rice** to the saucepan and stir to combine. Remove from heat.
- Stir in **Japanese dressing**. Season to taste.

6

Serve up
- Slice pork.
- Divide charred corn-brown rice and carrot salad between plates.
- Top rice with peppercorn crumbed pork to serve. Enjoy!

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