



Crispy Shallot Crumbed Pork

with Garlic Soy Veggies & Sesame Dressing

Grab your Meal Kit with this symbol



Jasmine Rice



Garlic



Carrot



Green Beans



Asian Greens



Mayonnaise



Sesame Seeds



Sesame Oil Blend



Panko Breadcrumbs



Crispy Shallots



Pork Schnitzels

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

We've added crispy shallots to coat pork schnitzels for a completely new take on this Asian-inspired dish. Golden, crispy and absolutely addictive, you'll wonder why you've never had schnitzels this way before!

Pantry items

Olive Oil, Rice Wine Vinegar, 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
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
Asian greens	1 bag	2 bag
mayonnaise	1 packet (40g)	1 packet (100g)
sesame seeds	½ medium packet	1 medium packet
sesame oil blend	½ packet	1 packet
rice wine vinegar*	1 tsp	2 tsp
plain flour*	2 tbs	¼ cup
salt*	1 tsp	2 tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet
pork schnitzels	1 packet	1 packet
soy sauce*	1½ tsp	3 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3615kJ (864Cal)	669kJ (159Cal)
Protein (g)	55.1g	10.2g
Fat, total (g)	28.2g	5.2g
- saturated (g)	4g	0.7g
Carbohydrate (g)	94.9g	17.6g
- sugars (g)	5.9g	1.1g
Sodium (mg)	1499mg	278mg

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.



Cook the rice

In a medium saucepan, add the **water** and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Cook the pork

Return the frying pan to 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, **1-2 minutes** each side. Transfer to a plate lined with paper towel.

TIP: Add extra oil between batches if needed.



Get prepped

While the rice is cooking, finely chop the **garlic**. Slice the **carrot** into thin sticks. Trim the **green beans**. Roughly chop the **Asian greens**. Heat a large frying pan over a medium-high heat. Add the **sesame seeds** (see ingredients) and toast, tossing, until browned, **2-3 minutes**. In a medium bowl, combine the **mayonnaise**, **sesame seeds**, **sesame oil blend** and **rice wine vinegar**. Season with **salt** and **pepper**.

TIP: You can cut the carrot into half-moons if you prefer.



Cook the veggies

Wipe out the pan and return to a medium-high heat with a drizzle of **olive oil**. Add the **carrot**, **green beans** and a splash of **water** and cook, stirring, until tender, **4-5 minutes**. Add the **garlic** and cook for **1 minute** or until fragrant. Add the **Asian greens** and **soy sauce** and cook, stirring, until softened, **2 minutes**.



Crumb the pork

In a shallow bowl, combine the **plain flour**, the **salt** and a good pinch of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs** and **crispy shallots**. Separate the **pork schnitzels** (they may be stuck together). Dip each **pork schnitzel** first into the **plain flour**, followed by the **egg** and finally into the **panko-shallot mixture**. Transfer to a plate.



Serve up

Slice the pork schnitzels. Divide the garlic rice between bowls and top with the sliced pork and soy veggies. Drizzle over the sesame dressing.

Enjoy!