



# Quick Sesame Pork Schnitzel & Katsu Sauce

with Charred Corn Slaw & Japanese Dressing

Grab your Meal Kit with this symbol



Sweetcorn



Baby Leaves



Seasoning Blend



Panko Breadcrumbs



Sesame Seeds



Pork Schnitzels



Katsu Paste



Shredded Cabbage Mix



Japanese Dressing



Chicken Breast

Prep in: 20-30 mins  
Ready in: 25-35 mins



Calorie Smart  
*\*Custom Recipe is not Calorie Smart*



Eat Me Early\*  
*\*Custom Recipe only*

The golden crunch of a crumbed pork schnitzel can never be beaten. Dazzle at the dinner table with two superb sauces, a dark katsu sauce for the pork and a Japanese dressing to elevate the charred corn slaw to new heights.

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

### Pantry items

Olive Oil, Plain Flour, Egg, Brown Sugar, Butter, Sesame Oil, Vinegar (White Wine or Rice Wine)

## 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweetcorn	1 medium tin	1 large tin
baby leaves	1 small packet	1 medium packet
<b>plain flour*</b>	2 tbs	¼ cup
seasoning blend	½ sachet	1 sachet
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
sesame seeds	1 medium sachet	1 large sachet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
katsu paste	1 medium packet	1 large packet
<b>water*</b>	½ cup	1 cup
<b>brown sugar*</b>	1 tsp	2 tsp
<b>butter*</b>	10g	20g
shredded cabbage mix	1 medium packet	1 large packet
Japanese dressing	1 packet	2 packets
<b>sesame oil*</b>	1 tsp	2 tsp
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2763kJ (660Cal)	663kJ (158Cal)
Protein (g)	42.1g	10.1g
Fat, total (g)	33.1g	7.9g
- saturated (g)	10.1g	2.4g
Carbohydrate (g)	45.6g	10.9g
- sugars (g)	12.3g	2.9g
Sodium (mg)	1604mg	385mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2571kJ (614Cal)	563kJ (135Cal)
Protein (g)	51.9g	11.4g
Fat, total (g)	23.5g	5.2g
- saturated (g)	6.3g	1.4g
Carbohydrate (g)	46.9g	10.3g
- sugars (g)	12.7g	2.8g
Sodium (mg)	1676mg	367mg

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](https://hellofresh.co.nz/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



## Get prepped

- Drain **sweetcorn**. Roughly chop **baby leaves**.
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a large bowl.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.

**Custom Recipe:** If you've swapped to chicken breast, place between two sheets of baking paper. Pound with a meat mallet or rolling pin until they are an even thickness, about 1cm-thick.

3



## Make the katsu sauce

- Wipe out the frying pan and return to medium-high heat. Cook **katsu paste** and the **water**, stirring, until slightly reduced, **2-3 minutes**.
- Add the **brown sugar** and **butter** and stir to combine.
- Meanwhile, add **shredded cabbage mix** to the **charred corn**, along with **baby leaves**, **Japanese dressing**, the **sesame oil** and a drizzle of **vinegar**.
- Toss to combine and season to taste.

2

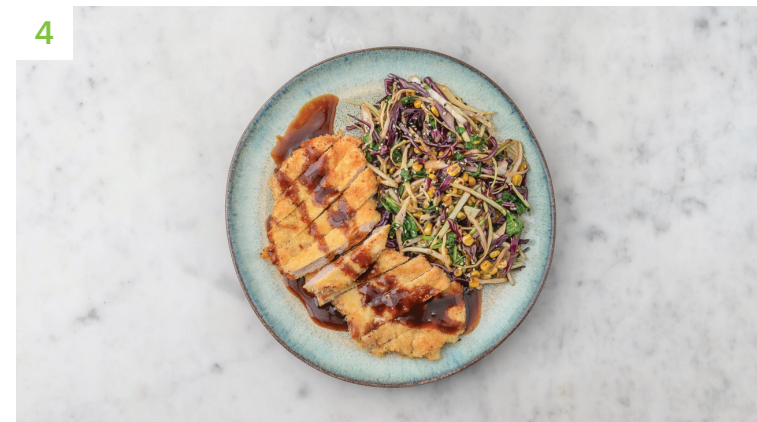


## Crumb & cook the pork

- In a shallow bowl, combine the **plain flour** and **seasoning blend** (see **ingredients**). In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** and **sesame seeds**.
- Pull apart **pork schnitzels** so you get 2 per person. Dip **pork** first into **flour mixture**, followed by the **egg** and finally in **panko breadcrumbs**. Set aside on a plate.
- Return frying pan to high heat with enough **olive oil** to coat the base. Cook **pork schnitzel** in batches until golden and cooked through, **2-3 minutes** each side. Transfer to a paper towel-lined plate.

**Custom Recipe:** Crumb chicken as above. Return frying pan to medium-high heat with enough olive oil to coat the base. Cook 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



## Serve up

- Slice pork schnitzels.
- Divide sesame pork schnitzel and charred corn slaw between plates.
- Drizzle katsu sauce over schnitzel to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)