



Sesame Crumbed Pork Schnitzel

with Korean Stir-Fried Veggies & Garlic Aioli

Grab your Meal Kit with this symbol



Baby Broccoli



Asian Greens



Garlic



Capsicum



Carrot



Panko Breadcrumbs



Barbecue Seasoning



Sesame Seeds



Pork Schnitzels



Korean Stir-Fry Sauce



Garlic Aioli



Chicken Breast

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

Calorie Smart

Eat Me Early^
^Custom Recipe only

Stir-fried veggies get a special touch when they're infused with our umami-packed Korean stir-fry sauce. It's the perfect base for crumbed pork and aioli so you can taste a home-cooked Asian-fusion feast with ease!

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

Pantry items

Olive Oil, Plain Flour, Egg, Sesame Oil

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
olive oil*	refer to method	refer to method
baby broccoli	½ medium bunch	1 medium bunch
Asian greens	1 packet	2 packets
garlic	2 cloves	4 cloves
capsicum	1	2
carrot	1	2
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
barbecue seasoning	1 sachet	2 sachets
sesame seeds	1 medium sachet	1 large sachet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
Korean stir-fry sauce	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
garlic aioli	1 medium packet	1 large packet
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)	2334kJ (557Cal)	505kJ (120Cal)
Protein (g)	37.3g	8.1g
Fat, total (g)	27.9g	6g
- saturated (g)	6.4g	1.4g
Carbohydrate (g)	37.6g	8.1g
- sugars (g)	16g	3.5g
Sodium (mg)	1443mg	312mg
Dietary Fibre (g)	9.7g	2.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2145kJ (513Cal)	385kJ (92Cal)
Protein (g)	43.9g	7.9g
Fat, total (g)	18g	3.2g
- saturated (g)	2.5g	0.4g
Carbohydrate (g)	42.3g	7.6g
- sugars (g)	19.8g	3.6g
Sodium (mg)	1491mg	267mg

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW14



Get prepped

- Halve **baby broccoli** lengthways. Roughly chop **Asian greens**. Finely chop **garlic**. Thinly slice **capsicum** and **carrot** into sticks.
- 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**, **barbecue seasoning** and **sesame seeds**.
- Pull apart **pork schnitzels** so you get 2 per person.
- Coat **pork** first in the **flour**, followed by the **egg** and finally the **breadcrumb mixture**. Transfer to a plate.

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. Crumb chicken as above.



Stir-fry the veggies

- Wipe out the frying pan and return to high heat with a drizzle of **olive oil**. Cook **baby broccoli**, **carrot** and **capsicum**, tossing, until tender, **5-6 minutes**. Add **garlic** and cook until fragrant, **1 minute**.
- Add **Asian greens**, **Korean stir-fry sauce** and the **sesame oil** and cook until just wilted, **1-2 minutes**.

TIP: Add a dash of water to the pan to help speed up the veggie cooking process.



Cook the pork schnitzels

- Heat a large frying pan over high heat with enough **olive oil** to cover the base.
- When oil is hot, cook **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 between batches if necessary.

Custom Recipe: Heat frying pan as above. When oil is hot, 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.



Serve up

- Slice sesame crumbed pork schnitzel.
- Divide Korean stir-fried veggies between bowls. Top with pork schnitzel.
- Serve with a dollop of **garlic aioli**. Enjoy!

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