

# Sesame Crumbed Pork Schnitzel

with Korean Stir-Fried Veggies & Garlic Aioli

Grab your Meal Kit with this symbol







Baby Broccoli





Garlic







Carrot







**Barbecue Seasoning** 





Pork Schnitzels



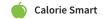


Garlic Aioli



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



**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

<b>-</b>		
	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	⅓ 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

<sup>\*</sup>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







### 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!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate