HELLO FRESH

Pork Schnitzels & Indian Coconut Sauce
with Basmati Rice & Garlic Veggies

Chicken-Style Stock Powder

Basmati Rice

Carrot

Courgette

Garlic

Panko Breadcrumbs

Pork Schnitzels

Baby Spinach Leaves

Mumbai Spice Blend

Coconut Milk

Pantry items

Olive Oil, Plain Flour, Egg

Hands-on: 25-35 mins
Ready in: 30-40 mins

We've turbo-charged schnitzel night with some unexpected, yet delightful additions! You'll find a featuring of a too-good-to-be-true creamy coconut sauce infused with Mumbai-style spices, some fluffy rice and a helping of garlic veggies. With immaculate combos like these, it's nothing but happy days ahead!

L4

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 · Small saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1½ cups	3 cups
chicken-style stock powder	1 sachet	2 sachet
basmati rice	1 packet	1 packet
carrot	1	2
courgette	1	2
garlic	2 cloves	4 cloves
salt*	½ tsp	1 tsp
plain flour*	2½ tbs	⅓ cup
egg*	1	2
panko breadcrumbs	1 packet	1 packet
pork schnitzels	1 packet	1 packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
Mumbai spice blend	1 sachet	2 sachets
coconut milk	1 tin (165ml)	1 tin (400ml)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3514kJ (839Cal)	568kJ (135Cal)
Protein (g)	55g	8.9g
Fat, total (g)	20g	3.2g
- saturated (g)	11.3g	1.8g
Carbohydrate (g)	106g	17.1g
- sugars (g)	9.7g	1.6g
Sodium (mg)	1986mg	321mg

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.

1

Cook the rice

In a medium saucepan, add the **water** and bring to the boil. Add the **basmati rice** and 1/2 the **chicken-style stock powder**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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

2

Get prepped

While the rice is cooking, thinly slice the **carrot** (unpeeled) and **courgette** into batons. Finely chop the **garlic**. In a shallow bowl, combine the **salt** and **plain flour**, then season with **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. 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 breadcrumbs**. Transfer to a plate.

3

Cook the pork

Heat a large frying pan over a high heat with enough **olive oil** to coat the base of the pan. Cook the **pork schnitzels**, in batches, until golden and cooked through, **2-3 minutes** each side. Transfer to a plate lined with paper towel.

4

Cook the veggies

Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** and **courgette**, stirring, until softened, **4-5 minutes**. Add the **baby spinach leaves** and 1/2 the **garlic** and cook, stirring, until wilted and fragrant, **1-2 minutes**. Season to taste.

5

Make the coconut sauce

While the veggies are cooking, heat a small saucepan over a medium heat with a drizzle of **olive oil**. Cook the **Mumbai spice blend** and remaining **garlic** until fragrant, **1 minute**. Add the **coconut milk** and remaining **chicken stock** and cook until thickened, **2-3 minutes**.

6

Serve up

Slice the pork schnitzels. Divide the basmati rice between plates and top with the pork schnitzels and garlic veggies. Pour over the Indian coconut sauce.

Enjoy!