



# Pork Schnitzel & Indian Coconut Sauce

with Basmati Rice & Greens

Grab your Meal Kit with this symbol



Basmati Rice



Beef-Style Stock Powder



Broccoli



Garlic



Panko Breadcrumbs



Pork Schnitzels



Baby Spinach Leaves



Mumbai Spice Blend



Coconut Milk

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

We've turbo-charged schnitzel night with some unexpected, yet delightful additions! You'll find 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!

### Pantry items

Olive Oil, Plain Flour, Egg

## 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
basmati rice	1 packet	1 packet
beef-style stock powder	1 sachet (10g)	2 sachets (20g)
broccoli	1 head	2 heads
garlic	2 cloves	4 cloves
salt*	½ tsp	1 tsp
plain flour*	2½ tbs	½ 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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3556kJ (849Cal)	639kJ (152Cal)
Protein (g)	61.7g	11.1g
Fat, total (g)	21.3g	3.8g
- saturated (g)	11.8g	2.1g
Carbohydrate (g)	94.9g	17.1g
- sugars (g)	4.4g	0.8g
Sodium (mg)	1793mg	322mg

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.

1



## Cook the rice

In a medium saucepan, bring the **water** to the boil. Add the **basmati rice** and 1/2 the **beef-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, cut the **broccoli** into small florets and roughly chop the stalk. 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). Coat each **pork schnitzel** in the **seasoned flour**, followed by the **egg**, and finally the **panko breadcrumbs**. Transfer to a plate.

3



## Cook the pork schnitzel

Heat a large frying pan over a high heat with enough **olive oil** to coat the base. Cook the **pork** 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 **broccoli**, stirring, until softened, **5-6 minutes**. Add the **baby spinach leaves** and 1/2 the **garlic** and cook, stirring, until wilted and fragrant, **1-2 minutes**. Season to taste.

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

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 **stock powder** and cook until thickened, **2-3 minutes**.

6



## Serve up

Slice the pork schnitzels. Divide the basmati rice between bowls and top with the pork and greens. Pour over the Indian coconut sauce to serve.

## Enjoy!