



PORK KATSU

with Sesame Roasted Carrots & Ginger Rice

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



1 Thumb | 1 Thumb
Ginger



2 | 2
Scallions



½ Cup | 1 Cup
Jasmine Rice



1 tsp | 2 tsp
Garlic Powder



1 Cup | 2 Cups
Panko
Breadcrumbs
Contains: Wheat



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



10 oz | 20 oz
Pork Chops



4 TBSP | 8 TBSP
Katsu Sauce
Contains: Soy, Wheat



1 TBSP | 1 TBSP
Sesame Seeds
Contains: Sesame



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Cutlets

Calories: 830



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 870



HELLO FRESH

HELLO

KATSU

This Japanese dish, also called tonkatsu, combines panko-breaded and fried pork chops with a tangy-sweet sauce.

WE'RE BIASED, BUT ...

The knife technique we use in Step 1 for cutting carrots (aka bias cut) maximizes surface area so carrots get extra-caramelized in the oven.

BUST OUT

- Peeler
- Mallet
- Baking sheet
- Zip-close bag
- Small pot
- Medium bowl
- Paper towels
- Large pan
- Plastic wrap
- Small bowl

- Kosher salt
- Black pepper
- Cooking oil (**1 TBSP + more for frying**)
- Butter (**1 TBSP | 2 TBSP**)
Contains: Milk

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*Pork is fully cooked when internal temperature reaches 145°.

*Chicken is fully cooked when internal temperature reaches 165°.



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Peel and mince or grate **ginger**. Trim and thinly slice **scallions**, separating whites from greens.



4 COAT PORK

- Meanwhile, pat **pork*** dry with paper towels; place between two large pieces of plastic wrap. Pound with a mallet or rolling pin until pork is about ½-inch thick.
- Place **panko, garlic powder, salt (we used 1 tsp; 2 tsp for 4 servings), and pepper** in a gallon-size zip-close bag.
- Place **sour cream** in a medium bowl; add pork and turn to evenly coat.
- Add coated pork to bag with seasoned panko and seal to close. Shake until pork is evenly coated. **TIP: You may need to move around pork chops in bag, pressing with your hands, to spread out panko and make it stick.**

↻ Swap in **chicken*** for pork. **TIP: If your cutlets are already ½ inch thick, you can skip the pounding.**



2 ROAST CARROTS

- Toss **carrots** on a baking sheet with a **large drizzle of oil, salt, and pepper**. Roast on top rack until tender, 20-25 minutes.
- Once roasted, carefully toss with **sesame seeds**.



5 COOK PORK

- Heat a ¼-inch layer of oil in a large, preferably nonstick, pan over medium-high heat. Once oil is shimmering and hot enough that a **pinch of panko** sizzles when added to pan, add **coated pork (discard any remaining panko in bag)**.
- Cook until panko is golden brown and pork is cooked through, 3-5 minutes per side. **(For 4 servings, cook in batches.)**
- Transfer to a paper-towel-lined plate.

↻ Cook **coated chicken** as instructed until cooked through, 3-5 minutes per side.



3 COOK RICE

- While carrots roast, heat a **drizzle of oil** in a small pot over medium-high heat. Add **ginger** and **scallion whites**; cook, stirring, until fragrant, 1 minute.
- Stir in **rice, ¾ cup water (1¼ cups for 4 servings), and a pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



6 FINISH & SERVE

- Place **katsu sauce** in a small microwave-safe bowl; microwave until warmed through, 30 seconds.
- Fluff **rice** with a fork; stir in **1 TBSP butter (2 TBSP for 4 servings)** and season with **salt and pepper**.
- Divide **rice, pork, and carrots** between plates. Drizzle pork with katsu sauce. Sprinkle with **scallion greens** and serve.

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