



# PANKO-CRUMBED PORK KATSU

with Sweet Chilli Noodles & Green Beans



Make Japanese-style  
crumbed pork



Carrot



Red Capsicum



Green Beans



Coriander



Panko Breadcrumbs



Pork Schnitzel



Udon Noodles



Sweet Chilli  
Sauce



Mayonnaise



Hands-on: **25** mins  
Ready in: **35** mins

This pork katsu is absolutely delicious, and it's also one of those dishes you can plate up to look as good as it tastes. Get ready to go pro tonight!

**Pantry Staples:** Olive Oil, Plain Flour, Egg, Soy Sauce, Rice Wine Vinegar (Or White Wine Vinegar)



## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** • **large frying pan**



### 1 GET PREPPED

Bring a medium saucepan of water to the boil. Thinly slice the **carrot** (unpeeled) into half-moons. Thinly slice the **red capsicum**. Trim and halve the **green beans**. Roughly chop the **coriander**.



### 2 CRUMB THE PORK

Place the **plain flour** and **salt** in a shallow bowl. In a second shallow bowl, whisk the **egg**. Place the **panko breadcrumbs** in the third shallow bowl. Pull the **pork schnitzels** apart (they may be stuck together). Dip the pork in the flour, followed by the egg, and finally in the panko breadcrumbs. Place the crumbed pork on a plate. **TIP:** Use one hand for the wet ingredients and one hand for the dry ingredients to stop your hands getting too messy!



### 4 COOK THE PORK KATSU

While the noodles are cooking, heat a large frying pan over a medium-high heat. Add enough **olive oil** to coat the base of the pan. When the oil is hot, add **1/2** the crumbed **pork**. Cook until golden and cooked through, **1-2 minutes** each side. Transfer to a plate lined with paper towel. Repeat with the remaining pork.



### 5 COOK THE VEGGIES

Wipe out the frying pan and return to a medium-high heat with a **drizzle** of **olive oil**. Add the **carrot**, **capsicum** and **green beans** and cook until tender, **6-7 minutes**. Add the **udon noodle mixture** and toss to coat until heated through, **1 minute**. Season to taste with **salt** and **pepper**. In a small bowl, combine the **mayonnaise** and **rice wine vinegar**.



### 3 COOK THE UDON NOODLES

Add the **udon noodles** (see ingredients list) to the saucepan of boiling water and cook until just tender, **8-10 minutes**. Drain and refresh under cold water. Return the noodles to the saucepan, add the **sweet chilli sauce** and **soy sauce** and toss to coat. Set aside.



### 6 SERVE UP

Thinly slice the pork katsu. Divide the udon noodles and vegetables between bowls. Top with the sliced pork katsu. Drizzle with the mayo mixture and sprinkle with the coriander.

## ENJOY!

## 2/4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
carrot	1	2
red capsicum	1	2
green beans	1 bag (100 g)	1 bag (200 g)
coriander	1 bag	1 bag
plain flour*	2 tbs	1/3 cup
salt*	1/2 tsp	1 tsp
egg*	1	2
panko breadcrumbs	1 packet	2 packets
pork schnitzel	1 packet	1 packet
udon noodles	1/2 packet	1 packet
sweet chilli sauce	1 tub (50 g)	1 tub (100 g)
soy sauce*	3 tsp	1 1/2 tbs
mayonnaise	1 tub (40 g)	2 tubs (80 g)
rice wine vinegar* (or white wine vinegar)	1 tsp	2 tsp

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3460kJ (826Cal)	634kJ (151Cal)
Protein (g)	49.8g	9.1g
Fat, total (g)	25.1g	4.6g
- saturated (g)	3.7g	0.7g
Carbohydrate (g)	94.7g	17.4g
- sugars (g)	18.5g	3.4g
Sodium (g)	2750mg	504mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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