



# 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



½ Cup | 1 Cup  
Panko Breadcrumbs  
Contains: Wheat



2 TBSP | 4 TBSP  
Sour Cream  
Contains: Milk



12 oz | 24 oz  
Pork Cutlets



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



1 TBSP | 1 TBSP  
Sesame Seeds

### HELLO

#### PORK KATSU

This Japanese dish, also called *tonkatsu*, combines panko-breaded and fried cutlets with a warm, tangy-sweet sauce.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 820



## WE'RE BIASED, BUT ...

Why do we instruct you to slice the carrots on a diagonal in step 1? This knife technique, called a *bias cut*, maximizes surface area so the carrots get extra-caramelized in the oven. Another bonus? The presentation—we love the look of those angled slices!

## BUST OUT

- Peeler
- Baking sheet
- Small pot
- Paper towels
- Zip-close bag
- Medium bowl
- Large pan
- Small bowl
- Kosher salt
- Black pepper
- Vegetable oil (1 TBSP + more for frying)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk

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### 1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all 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 **panko**, **garlic powder**, **salt** (we used 1 tsp kosher salt), and **pepper** in a gallon-size zip-close bag. (For 4 servings, use 2 tsp kosher salt.)
- 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 cutlets in bag, pressing with your hands, to spread out panko and make it stick.**



### 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.
- Toss with **sesame seeds**.



### 5 COOK PORK

- Heat a ¼-inch layer of **oil** in a large pan over medium-high heat. Once oil is shimmering and hot enough that a pinch of **panko** sizzles when added to the pan, remove **coated pork** from bag and add to pan (discard any panko that doesn't stick).
- Cook until panko is golden brown and pork is cooked through, 2-3 minutes per side. (For 4 servings, cook in batches.) Transfer to a paper-towel-lined plate.



### 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** and ¾ cup water (1¼ cups for 4 servings). 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.

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