



Japanese-Style 'Tonkatsu' Curry

with Jasmine Rice

Family Friendly

40 Minutes



Pork Chops,
boneless



Panko Breadcrumbs



Mayonnaise



Jasmine Rice



Shallot



Carrot



Green Peas



Dal Spice Blend



Soy Sauce Mirin
Blend



Tomato Sauce Base



Chicken Broth
Concentrate



All-Purpose Flour

HELLO DAL SPICE BLEND

A golden blend of aromatic and zesty spices!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, vegetable peeler, measuring spoons, shallow dish, aluminum foil, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Panko Breadcrumbs	½ cup	1 cup
Mayonnaise	1 tbsp	2 tbsp
Jasmine Rice	¾ cup	1 ½ cups
Shallot	50 g	100 g
Carrot	170 g	340 g
Green Peas	113 g	227 g
Dal Spice Blend	1 tbsp	2 tbsp
Soy Sauce Mirin Blend	4 tbsp	8 tbsp
Tomato Sauce Base	2 tbsp	4 tbsp
Chicken Broth Concentrate	2	4
All-Purpose Flour	2 tbsp	4 tbsp
Unsalted Butter*	3 tbsp	6 tbsp
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



Cook rice

- Add **rice**, **half the broth concentrate**, **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Start curry

- Heat the same pan over medium-high.
- Add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **shallots** and **carrots**. Cook, stirring occasionally, until slightly softened, 1-2 min. Season with **salt** and **pepper**.
- Add **tomato sauce base**, **Dal Spice Blend** and **flour**. Cook, stirring often, until **spices** are fragrant and **veggies** are coated, 30 sec.



Prep

- Meanwhile, peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons.
- Peel, then cut **shallot** into ¼-inch pieces.
- Add **panko** to a shallow dish.
- Pat **pork** dry with paper towels. Season with **salt** and **pepper**, then coat **pork** with **half the mayo** (use all for 4 ppl).
- Working with **one pork chop** at a time, press both sides into **panko** to coat completely.



Finish curry

- Stir **peas**, **soy sauce mirin blend**, **remaining broth concentrate**, **1 cup water** and **¼ tsp sugar** (dbl both for 4 ppl) into the pan with **veggies**. Bring to a simmer.
- Once simmering, reduce heat to medium. Cook, stirring occasionally, until **veggies** are tender, 5-7 min.
- Season with **salt** and **pepper**, to taste.



Cook pork

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **pork**. Sear until golden-brown, 2-3 min per side.
- While **pork** sears, brush a foil-lined baking sheet with **½ tbsp oil** (use same for 4 ppl).
- Transfer **pork** to the prepared baking sheet.
- Roast in the **top** of the oven until cooked through, 6-8 min. **
- Carefully wipe the pan clean.



Finish and serve

- Add **2 tbsp butter** (dbl for 4 ppl) to the pot with **rice**, then fluff with a fork until **butter** melts.
- Thinly slice **pork**.
- Divide **rice** and **curry** between plates.
- Top with **pork**.

Dinner Solved!