



Sesame Crusted Pork Schnitzel and Fries

with Honey-Gochujang Butter Sauce and Radish Salad

Korean Kitchen 35-40 Minutes • Mild Spice

5



Potatoes



Radishes



Rice Vinegar



Pork Loin Steak



Panko Breadcrumbs



Black Sesame Seeds



Gochujang Paste



Honey



Baby Leaf Mix

Pantry Items

Oil, Salt, Pepper, Olive Oil, Egg, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, bowl, baking paper, saucepan, frying pan and kitchen paper.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Radishes**	100g	150g	200g
Rice Vinegar	15ml	22ml	30ml
Pork Loin Steak**	2	3	4
Panko Breadcrumbs 13	50g	75g	100g
Black Sesame Seeds 3	5g	8g	10g
Gochujang Paste 11	30g	50g	60g
Honey	15g	23g	30g
Baby Leaf Mix**	50g	75g	100g
Pantry	2P	3P	4P
Egg*	1	1	2
Salt for the Breadcrumbs*	½ tsp	1 tsp	1 tsp
Water for the Sauce*	50ml	75ml	100ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2540 /607	485 /116
Fat (g)	18.9	3.6
Sat. Fat (g)	8.3	1.6
Carbohydrate (g)	71.6	13.7
Sugars (g)	12.6	2.4
Protein (g)	42.0	8.0
Salt (g)	3.36	0.64

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **11**) Soya **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Eye on the Fries

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide fries (no need to peel).

Pop the **fries** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Time to Fry

Pop a large frying pan on high heat and add enough **oil** to completely coat the bottom of the pan. **TIP:** You want the oil to be hot so the pork fries properly - heat for 2-3 mins before you add the pork.

Once hot, carefully lay the **pork** into the pan, reduce the heat to medium-high and fry until golden-brown and cooked through, 10-12 mins total. Turn every 2-3 mins and adjust the heat if necessary. **IMPORTANT:** The pork is cooked when no longer pink in the middle.

Once cooked, transfer the **pork** to a plate lined with kitchen paper.



Pickle the Radishes

In the meantime, trim and thinly slice the **radishes**.

Pop the **radishes** into a medium bowl. Add the **rice vinegar**, a drizzle of **oil** and a pinch of **salt** and **sugar** (if you have any).

Mix together and set aside to pickle.



Make your Gochujang Sauce

Discard the **oil** from the **pork** frying pan and wipe clean. Return to medium-high heat with a drizzle of **oil**.

Once hot, add the **gochujang paste**, **honey** and **water for the sauce** (see pantry for amount). Cook until the **sauce** has thickened, 2-3 mins. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Stir through the **butter** (see pantry for amount) until melted, then remove from the heat.



Get Breading

Sandwich each **pork steak** between two pieces of baking paper or cling film. Pop onto a board, then give it a bash with the bottom of a saucepan until it's 1cm thick. Season with **salt** and **pepper**.

Crack the **egg** (see pantry for amount) into a bowl and whisk.

Combine the **breadcrumbs** and **black sesame seeds** in another medium bowl, then season with the **salt** (see pantry for amount) and **pepper**.

Dip each **pork steak** into the **egg** and then the **breadcrumbs**, ensuring it's completely coated. Transfer to a plate. **IMPORTANT:** Wash your hands and equipment after handling raw meat and discard any excess egg.



Finish and Serve

When everything's ready, toss the **baby leaves** with the **pickled radish**.

Share the **pork schnitzels** between your plates, then serve your **fries** and **salad** alongside.

Drizzle the **honey-gochujang sauce** over the **pork** to finish.

Enjoy!