

Katsu Crumbed Chicken & Ginger Rice

with Roasted Eggplant & Slaw

TASTE TOURS



Grab your Meal Kit with this symbol



Ginger Paste



Jasmine Rice



Eggplant



Cucumber



Chicken Breast



Sweet Soy Seasoning



Panko Breadcrumbs



Crushed Peanuts



Katsu Paste



Slaw Mix



Garlic Aioli



Ponzu Sauce



Crispy Shallots

Prep in: 35-45 mins
Ready in: 40-50 mins

 Eat Me Early

If you want your kitchen to smell amazing you don't need to pull out every spice you own, just a simple katsu sauce, ginger rice and roasted eggplant will do. On a golden crumbed chicken, it's enough to have your senses blissfully overwhelmed with fragrances that leave your mouth watering.

Pantry items

Olive Oil, Butter, Honey, Plain Flour, Egg, Brown Sugar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	40g	80g
ginger paste	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
eggplant	1	2
honey*	1 tsp	2 tsp
cucumber	1 (medium)	1 (large)
chicken breast	1 packet	1 packet
sweet soy seasoning	1 sachet	2 sachets
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
crushed peanuts	1 packet	2 packets
katsu paste	1 packet (35g)	1 packet (70g)
water* (for the sauce)	½ cup	1 cup
brown sugar*	1 tsp	2 tsp
slaw mix	1 bag (150g)	1 bag (300g)
garlic aioli	1 medium packet	1 large packet
ponzu sauce	1 packet (30g)	1 packet (60g)
crispy shallots	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4963kJ (1186Cal)	740kJ (177Cal)
Protein (g)	54.3g	8.1g
Fat, total (g)	55.7g	8.3g
- saturated (g)	17.9g	2.7g
Carbohydrate (g)	122g	18.2g
- sugars (g)	23g	3.4g
Sodium (mg)	2205mg	329mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW33



1



Cook the ginger rice

- Preheat oven to **240°C/220°C fan-forced**.
- Heat a medium saucepan over medium heat with half the **butter** and a drizzle of **olive oil**. Cook **ginger paste** until fragrant, **1-2 minutes**.
- Add **water (for the rice)** and a generous pinch of **salt** to pan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: Cover the pan with a lid if the ginger paste starts to spatter!

TIP: The rice will finish cooking in its own steam so don't peek!

4



Cook the chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to cover base. Cook **crumbed chicken** in batches, until golden and cooked through, **2-4 minutes** each side.
- Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the schnitzel does not stick to the pan.

TIP: Chicken is cooked through when it's no longer pink inside.

2



Roast the eggplant

- While the rice is cooking, slice **eggplant** into 1cm-thick rounds.
- Place **eggplant** on a lined oven tray. Add a generous drizzle of **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **15 minutes**.
- Remove **eggplant** from oven, drizzle over the **honey** and gently toss to coat. Return to the oven and roast until tender, a further **7-10 minutes**.

5



Make the katsu sauce

- Wipe out the frying pan, then return to medium-high heat. Cook **katsu paste**, the **water (for the sauce)**, **brown sugar** and remaining **butter**, stirring, until slightly reduced, **2-3 minutes**.
- Meanwhile, combine **slaw mix**, **cucumber**, **garlic aioli** and **ponzu sauce** in a medium bowl. Season with **salt** and **pepper**.

3



Crumb the chicken

- While the eggplant is roasting, slice **cucumber** into rounds.
- Place **chicken breast** between two sheets of baking paper. Pound **chicken** with a meat mallet or rolling pin until they are an even thickness, about 1cm-thick.
- In a shallow bowl, combine **sweet soy seasoning** and the **plain flour**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** and **crushed peanuts**.
- Coat **chicken** first in the **flour mixture**, followed by the **egg** and finally the **peanut-breadcrumb mixture**. Set aside on a plate.

6



Serve up

- Slice crumbed chicken and top with katsu sauce. Garnish eggplant with **crispy shallots**.
- Bring everything to the table to serve.
- Help yourself to some ginger rice, katsu crumbed chicken, roasted eggplant and creamy slaw. Enjoy!

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