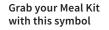


Plant-Based Crumbed Chicken & Katsu Sauce

with Corn Rice & Creamy Slaw

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR









Sweetcorr





Basmati Rice

Plant-Based Crumbed Chicken Tenders



Katsu Paste





Plant-Based

Mayo

Crispy Shallots



Prep in: 25-35 mins Ready in: 30-40 mins Eat Me Early*

*Custom Recipe only



A golden crumb demands a top tier sauce to accompany it and these plant-based crumbed chicken tenders need just that. Let's introduce the star of tonight's dinner, katsu sauce, perfect for drizzling over these chick'n bites and corn rice.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Plant Based Butter, Vinegar (White Wine or Rice Wine), Sesame Oil

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 · Large frying pan

Ingredients

| ingi ediento | | | |
|---|-----------------|--------------------------------------|--|
| | 2 People | 4 People | |
| olive oil* | refer to method | refer to method | |
| garlic | 2 cloves | 4 cloves | |
| sweetcorn | 1 tin (125g) | 1 tin (300g) | |
| basmati rice | 1 packet | 1 packet | |
| water* (for the rice) | 1½ cups | 3 cups | |
| plant-based crumbed chicken tenders | 1 packet | 2 packets | |
| katsu paste | 1 packet (35g) | 1 packet (70g) | |
| brown sugar* | 2 tsp | 4 tsp | |
| water* (for the sauce) | 1/4 cup | ½ cup | |
| plant-based butter* | 20g | 40g | |
| Asian slaw mix | 1 bag (150g) | 1 bag (300g) | |
| vinegar* (white wine or rice wine) | drizzle | drizzle | |
| sesame oil* | 1 tsp | 2 tsp | |
| plant-based mayo | 1 medium packet | 1 large packet | |
| crispy shallots | 1 medium packet | 1 large packet | |
| chicken breast** | 1 small packet | 2 small packets OR 1 large packet | |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|-----------------|
| Energy (kJ) | 4481kJ (1071Cal) | 1046kJ (250Cal) |
| Protein (g) | 31.2g | 7.3g |
| Fat, total (g) | 54.5g | 12.7g |
| - saturated (g) | 12.3g | 2.9g |
| Carbohydrate (g) | 108.3g | 25.3g |
| - sugars (g) | 16g | 3.7g |
| Sodium (mg) | 1699mg | 397mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3231kJ (772Cal) | 737kJ (176Cal) |
| Protein (g) | 41.8g | 9.5g |
| Fat, total (g) | 28g | 6.4g |
| - saturated (g) | 9.8g | 2.2g |
| Carbohydrate (g) | 84.2g | 19.2g |
| - sugars (g) | 14.5g | 3.3g |
| Sodium (mg) | 945mg | 216mg |

The quantities provided above are averages only.

Allergens

Not enough space

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

Visit heliofresh.co.nz/foodinfo for allergen and ingredient hypothaxelezeived a substitute ingredient please to fawahe allergens thay in a very reader than the control of t



Get prepped

- Finely chop garlic. Drain the sweetcorn.
- In a medium saucepan, heat a drizzle of olive oil over medium heat. Cook garlic and sweetcorn until fragrant, 1-2 minutes.



Cook the rice

- Add basmati rice, water (for the rice) and a generous pinch of salt, stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for 10 minutes, then remove from heat and keep covered until rice is tender and water is absorbed, 10 minutes.

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



Cook the plant-based chick'n

- When the rice has 10 minutes remaining, heat a large frying pan over medium-high heat with enough olive oil to coat the base.
- Cook plant-based chicken style tenders until golden and heated through, 2-3 minutes on each side.
- Transfer to a paper towel-lined plate.

Custom Recipe: If you've swapped to chicken breast, cut chicken into 2cm chunks. In large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a paper towel-lined plate.



Make the katsu sauce

 Wipe out the frying pan, then return to medium heat. Cook katsu paste, the brown sugar, water (for the sauce) and plant-based butter, stirring, until slightly reduced, 1-2 minutes.



Make the slaw

 Meanwhile, combine Asian slaw mix, plantbased mayo, the sesame oil and a drizzle of vinegar in a medium bowl. Season to taste.



Serve up

- Divide corn rice and sesame slaw between bowls. Top with plant-based crumbed chicken and katsu sauce.
- Garnish with **crispy shallots** to serve. Enjoy!

Rate your recipe

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