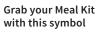


Quick Japanese-Style Chicken Schnitzel with Katsu Sauce & Cucumber Slaw

NEW KID FRIENDLY

CLIMATE SUPERSTAR













Chicken Breast







Panko Breadcrumbs





Japanese Dressing



Katsu Paste





Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me Early



Give chicken schnitzel a Japanese-inspired twist by serving it with a killer katsu sauce and crisp cucumber slaw. It's a crowd-pleasing combo that's surprisingly carb smart. Prepare for repeat requests!



Pantry items

Olive Oil, Egg, Butter, 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

Large frying pan

Ingredients

9			
2 People	4 People		
refer to method	refer to method		
1	2		
1	2		
1 small packet	2 small packets OR 1 large packet		
1 sachet	2 sachets		
1	2		
1 medium packet	1 large packet		
1 bag (150g)	1 bag (300g)		
1 packet	2 packets		
1 medium packet	1 large packet		
20g	40g		
2 tsp	4 tsp		
⅓ cup	½ cup		
1 packet	1 packet		
	refer to method 1 1 1 small packet 1 sachet 1 1 medium packet 1 bag (150g) 1 packet 1 medium packet 20g 2 tsp ½ cup		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2161kJ (516Cal)	489kJ (117Cal)
Protein (g)	42.8g	9.7g
Fat, total (g)	20.3g	4.6g
- saturated (g)	8.1g	1.8g
Carbohydrate (g)	40g	9g
- sugars (g)	17.9g	4g
Sodium (mg)	1561mg	353mg
Dietary Fibre (g)	10.9g	2.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2390kJ (571Cal)	566kJ (135Cal)
Protein (g)	38.8g	9.2g
Fat, total (g)	28g	6.6g
- saturated (g)	11.3g	2.7g
Carbohydrate (g)	39.2g	9.3g
- sugars (g)	17.9g	4.2g
Sodium (mg)	1536mg	364mg
Dietary Fibre (g)	10.9g	2.5g

The quantities provided above are averages only.

Allergens

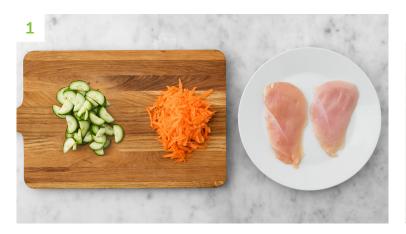
Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW07





Get prepped

- Thinly slice cucumber into half moons. Grate carrot.
- Place chicken breast between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm-thick.



Make the katsu sauce

- While the chicken is cooking, combine cucumber, carrot, shredded cabbage mix, Japanese dressing and a drizzle of olive oil in a large bowl. Season.
- Wipe out the frying pan, then return to medium-high heat. Cook katsu paste, the butter, brown sugar and the water, stirring, until slightly reduced, 1-2 minutes. Remove from heat.



Cook the chicken

- In a shallow bowl, add sweet soy seasoning. In a second shallow bowl, whisk the egg. In a third shallow bowl, add panko breadcrumbs.
- Coat chicken in the spice mixture, then the egg and finally in the breadcrumbs. Transfer to a plate.
- Heat a large frying pan over medium-high heat with enough olive oil to coat the 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 doesn't stick to the pan!
TIP: Chicken is cooked through when it's no longer pink inside.

Custom Recipe: If you've swapped to chicken breast strips, crumb the chicken strips in the same way as above. Heat the frying pan as above. Cook chicken strips until browned and cooked through, 3-4 minutes each side. Transfer to a paper towel-lined plate.



Serve up

- Slice Japanese-style chicken schnitzel.
- Divide chicken schnitzel and cucumber slaw between plates.
- Drizzle katsu sauce over schnitzel to serve. Enjoy!

Rate your recipe

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