



# Japanese-Style Chicken Schnitzel

with Katsu Sauce & Cucumber Slaw

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cucumber



Carrot



Chicken Breast



Sweet Soy Seasoning



Panko Breadcrumbs



Shredded Cabbage Mix



Japanese Dressing



Katsu Paste



Pork Schnitzels

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

Calorie Smart

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!

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

**Pantry items**  
Olive 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cucumber	1	2
carrot	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
shredded cabbage mix	1 medium packet	1 large packet
Japanese dressing	1 packet	2 packets
katsu paste	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
<b>brown sugar*</b>	2 tsp	4 tsp
<b>water*</b>	¼ cup	½ cup
pork schnitzels**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2111kJ (505Cal)	478kJ (114Cal)
Protein (g)	44.8g	10.1g
Fat, total (g)	18g	4.1g
- saturated (g)	7.4g	1.7g
Carbohydrate (g)	40.1g	9.1g
- sugars (g)	18g	4.1g
Sodium (mg)	1583mg	358mg

### 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

The quantities provided above are averages only.

## Allergens

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

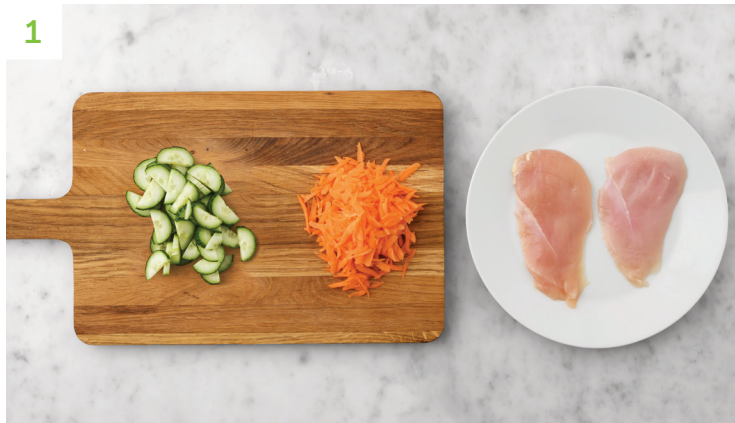
Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## 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.

**Custom Recipe:** If you've swapped to pork schnitzel, separate schnitzels (if stuck together) to get two per person.



## Make the slaw & 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.



## Crumb & cook the chicken

- In a shallow bowl, place **sweet soy seasoning**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, add **panko breadcrumbs**.
- Coat **chicken** first 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:** Crumb pork and heat frying pan as above. When oil is hot, cook pork schnitzels in batches until golden and cooked through, 1-2 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

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)