



Quick Sesame Crumbed Katsu Chicken

with Rapid Rice & Creamy Slaw

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Chicken Breast



Garlic & Herb Seasoning



Panko Breadcrumbs



Sesame Seeds



Jasmine Rice



Katsu Paste



Shredded Cabbage Mix



Baby Leaves



Mayonnaise



Pork Schnitzels

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

Eat Me Early

Katsu sauce is like the superhero sidekick of Japanese cuisine - bold, flavourful, and ready to take your tastebuds on an adventure! Pour it over a golden crumbed chicken dotted with sesame seeds, and watch as every bite become a delicious thrill ride.

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

Pantry items

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

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

	2 People	4 People
olive oil*	refer to method	refer to method
chicken breast	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium packet	1 large packet
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
sesame seeds	½ large sachet	1 large sachet
jasmine rice	1 medium packet	1 large packet
katsu paste	1 medium packet	1 large packet
brown sugar*	½ tbs	1 tbs
water*	¼ cup	½ cup
butter*	20g	40g
shredded cabbage mix	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
mayonnaise	1 medium packet	1 large packet
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)	4041kJ (966Cal)	849kJ (203Cal)
Protein (g)	55.3g	11.6g
Fat, total (g)	35g	7.4g
- saturated (g)	10g	2.1g
Carbohydrate (g)	103.4g	21.7g
- sugars (g)	14.9g	3.1g
Sodium (mg)	1588mg	334mg
Dietary Fibre (g)	10.6g	2.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4244kJ (1014Cal)	968kJ (231Cal)
Protein (g)	45.5g	10.4g
Fat, total (g)	44.7g	10.2g
- saturated (g)	13.8g	3.1g
Carbohydrate (g)	102.4g	23.4g
- sugars (g)	14.8g	3.4g
Sodium (mg)	1528mg	348mg
Dietary fibre	10.6g	2.4g

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 | CW18



1



Crumb the chicken

- Boil the kettle. Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a shallow bowl, combine **garlic & herb seasoning**, the **plain flour** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** and **sesame seeds (see ingredients)**.
- Coat **chicken** first in the **flour mixture**, then into the **egg** and finally in the **sesame breadcrumbs**. Set aside on a plate.

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

3



Cook the crumbed chicken

- Meanwhile, heat a large frying pan over medium-high heat with enough **olive oil** to coat the base. Cook **chicken** in batches until golden and cooked through, **3-5 minutes** each side. Transfer to a paper towel-lined plate.
- Wipe out frying pan and return to medium-low heat. Add **katsu paste**, the **brown sugar**, **water** and **butter** and cook, stirring, until slightly reduced, **2-3 minutes**.

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

Custom Recipe: Heat pan as above. Cook pork schnitzels in batches until golden and cooked through, 1-2 minutes each side. Continue with recipe.

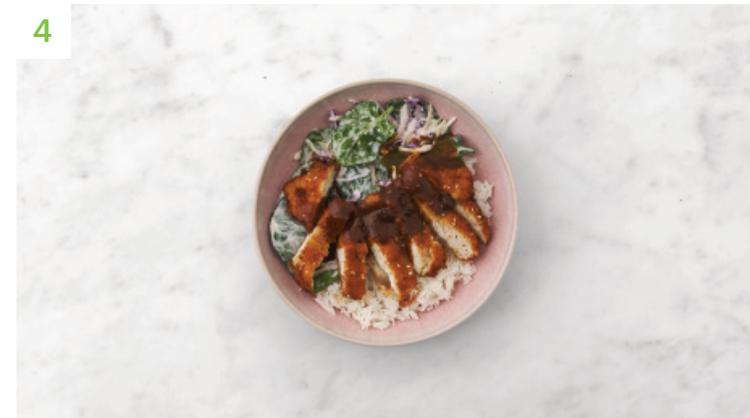
2



Make the rice

- Half-fill a medium saucepan with boiling water.
- Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12-14 minutes**.
- Drain and set aside.

4



Serve up

- While the chicken is cooking, combine **shredded cabbage mix**, **baby leaves** and **mayonnaise** in a large bowl. Season to taste.
- Slice crumbed chicken.
- Divide rapid rice and creamy slaw between bowls.
- Top with sesame crumbed chicken.
- Spoon katsu sauce over chicken to serve. Enjoy!

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