



Japanese-Style Chicken Schnitzel

with Katsu Sauce & Pear Slaw

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Baby Leaves



Pear



Chicken Breast



Garlic & Herb Seasoning



Panko Breadcrumbs



Shredded Cabbage Mix



Japanese Dressing

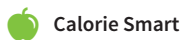


Katsu Paste



Pork Schnitzels

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



Calorie Smart

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

Eat Me Early

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

Pantry items

Olive Oil, Plain Flour, 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

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
baby leaves	1 small packet	1 medium packet
pear	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	½ large 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
butter*	20g	40g
brown sugar*	2 tsp	4 tsp
water*	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)	2712kJ (648Cal)	552kJ (132Cal)
Protein (g)	48.2g	9.8g
Fat, total (g)	29.6g	6g
- saturated (g)	8g	1.6g
Carbohydrate (g)	46.6g	9.5g
- sugars (g)	23.1g	4.7g
Sodium (mg)	1581mg	322mg
Dietary Fibre (g)	11g	2.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2915kJ (697Cal)	642kJ (153Cal)
Protein (g)	38.4g	8.5g
Fat, total (g)	39.4g	8.7g
- saturated (g)	11.8g	2.6g
Carbohydrate (g)	45.6g	10g
- sugars (g)	23g	5.1g
Sodium (mg)	1521mg	335mg
Dietary fibre	11g	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 | CW20



Get prepped

- Grate **carrot**. Roughly chop **baby leaves**. Thinly slice **pear** into wedges.
- Place **chicken breast** between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm-thick.

Little cooks: Under adult supervision, kids can help grate the carrot!



Make the katsu sauce

- While the chicken is cooking, combine **carrot, baby leaves, pear, shredded cabbage mix, Japanese dressing** and a drizzle of **olive oil** in a large bowl.
- 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 crumbed chicken

- In a shallow bowl, combine **garlic & herb seasoning** and **plain flour**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs (see ingredients)**.
- Coat **chicken** first in the **seasoning 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: Chicken is cooked through when it's no longer pink inside.

Custom Recipe: If you've swapped to pork schnitzel, separate (if stuck together) to get two per person. Crumb as above. 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 pear slaw between plates.
- Drizzle katsu sauce over schnitzel to serve. Enjoy!

Rate your recipe

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