



# Chicken Katsu Sando

with Creamy Cabbage & Sweet Chilli BBQ Sauce

Grab your Meal Kit with this symbol



Sourdough Loaf



Chicken Breast



Sweet Soy Seasoning



Panko Breadcrumbs



Shredded Cabbage Mix



Mayonnaise



Sweet Chilli Sauce



BBQ Sauce

Prep in: **15 mins**  
Ready in: **15 mins**

Eat Me Early

Step up your lunch game with this chicken katsu sando, where crumbed chicken meets creamy cabbage, all slathered in BBQ sauce that packs a punch. It's a crunchy, saucy, utterly satisfying twist on your everyday sandwich!

### Pantry items

Olive Oil, Plain Flour, Egg, Vinegar (White Wine or Rice Wine)



## Before you start

Wash your hands and any fresh food.

## You will need

Large frying pan

## Ingredients

	<b>2 People</b>
<b>olive oil*</b>	refer to method
sourdough loaf	1 loaf
chicken breast	1 medium packet
<b>plain flour*</b>	1 tbs
sweet soy seasoning	1 sachet
<b>egg*</b>	1
panko breadcrumbs	1 packet
shredded cabbage mix	1 medium packet
mayonnaise	1 medium packet
<b>vinegar* (white wine or rice wine)</b>	drizzle
sweet chilli sauce	1 small packet
BBQ sauce	1 medium packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3241kJ (774Cal)	685kJ (163Cal)
Protein (g)	54.9g	11.6g
Fat, total (g)	23.2g	4.9g
- saturated (g)	4.4g	0.9g
Carbohydrate (g)	84.9g	17.9g
- sugars (g)	21.2g	4.5g
Sodium (mg)	1768mg	374mg
Dietary Fibre (g)	8.6g	1.8g

The quantities provided above are averages only.

## Allergens

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

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



## Get prepped

- Slice the **sourdough loaf** into 4 slices.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a shallow bowl, combine the **plain flour** and **sweet soy seasoning**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Dip **chicken** into **flour mixture** to coat, then into **egg**, and finally in **breadcrumbs**. Set aside on a plate.



## Toast the sourdough & make the slaw

- Toast or grill **sourdough slices** to your liking.
- In a medium bowl, combine **shredded cabbage mix**, **mayonnaise** and a drizzle of **vinegar**. Season with **salt** and **pepper** to taste.
- In a small bowl, combine **sweet chilli sauce** and **BBQ sauce**. Set aside.



## Cook the chicken

- 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, **3-5 minutes** each side. Transfer to a paper towel-lined plate.

**TIP:** Add extra oil if needed so the crumbed chicken doesn't stick to the pan!

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



## Serve up

- Slice chicken if preferred.
- Top half the sourdough slices with creamy shredded cabbage and katsu chicken. Drizzle over sweet chilli BBQ sauce. Top with remaining sourdough slices. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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