



Quick Japanese-Style Chicken Schnitzel

with Katsu Sauce & Pear Slaw

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

43



Carrot



Baby Leaves



Pear



Chicken Breast



Sweet Soy Seasoning



Panko Breadcrumbs



Shredded Cabbage Mix



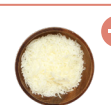
Japanese Dressing



Katsu Paste



Smooth Dory Fillets



Grated Parmesan Cheese

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 pear slaw. It's a crowd-pleasing combo that's simply delicious. Prepare for repeat requests!

Pantry items

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

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
sweet soy seasoning	1 medium sachet	2 medium sachets
plain flour*	2 tbs	¼ cup
egg*	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
butter*	20g	40g
brown sugar*	2 tsp	4 tsp
water*	¼ cup	½ cup

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2695kJ (644Cal)	548kJ (131Cal)
Protein (g)	48.7g	9.9g
Fat, total (g)	29.4g	6g
- saturated (g)	8g	1.6g
Carbohydrate (g)	45.6g	9.3g
- sugars (g)	24.1g	4.9g
Sodium (mg)	1596mg	325mg
Dietary Fibre (g)	9.9g	2g

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 | CW26



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: Older kids can help grate the carrot under adult supervision.



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. Season with **salt** and **pepper**.
- 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 **sweet soy seasoning** and the **plain flour**. 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: Chicken is cooked through when it's no longer pink inside.



Serve up

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

CUSTOM OPTIONS



SWAP TO SMOOTH DORY FILLETS

Halve each piece. Follow crumbing and cooking method above, cooking for 5-6 minutes each side.



ADD GRATED PARMESAN CHEESE

Add cheese to the panko mixture before crumbing.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

