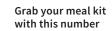


Chicken Katsu Sando

with Creamy Cabbage & Sweet Chilli BBQ Sauce











Sourdough Loaf





Seasoning

Panko Breadcrumbs



Shredded Cabbage





Sweet Chilli Sauce



BBQ Sauce

Prep in: 15 mins Ready in: 15 mins



Before you start

Wash your hands and any fresh food.

You will need

Large frying pan

Ingredients

2 People
refer to method
1 loaf
1 medium packet
1 tbs
2 packets
1
1 packet
1 medium packet
1 medium packet
drizzle
1 small packet
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 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!

