

Plant-Based Crumbed Chicken & Katsu Sauce

with Sweetcorn Rice & Sesame Slaw

ALTERNATIVE PROTEIN

Grab your meal kit with this number

31



Garlic



Sweetcorn



Jasmine Rice



Plant-Based Crumbed Chicken Tenders



Katsu Paste



Carrot



Spring Onion



Slaw Mix



Plant-Based Mayo



Chicken Breast



Plant-Based Crumbed Chicken Tenders

Recipe Update

We've replaced the crispy shallots in this recipe with spring onion due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 25-35 mins
Ready in: 30-40 mins

Plant Based

A golden crumb demands a top tier sauce to accompany it and these plant-based crumbed chicken tenders need just that. Let's introduce the star of tonight's dinner, katsu sauce, perfect for drizzling over these chicken tenders and corn rice.

Pantry items

Olive Oil, Brown Sugar, Plant-Based Butter, Vinegar (White Wine or Rice Wine), Sesame Oil

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
sweetcorn	1 medium tin	1 large tin
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
plant-based crumbed chicken tenders	1 packet	2 packets
katsu paste	1 medium packet	1 large packet
brown sugar*	2 tsp	4 tsp
water* (for the sauce)	¼ cup	½ cup
plant-based butter*	20g	40g
carrot	1	2
spring onion	1 stem	2 stems
slaw mix	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
sesame oil*	1 tsp	2 tsp
plant-based mayo	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3776kJ (902Cal)	783kJ (187Cal)
Protein (g)	27.3g	5.7g
Fat, total (g)	55.8g	11.6g
- saturated (g)	12g	2.5g
Carbohydrate (g)	73.8g	15.3g
- sugars (g)	15.1g	3.1g
Sodium (mg)	1686mg	350mg
Dietary Fibre (g)	8.4g	1.7g

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 | CW29



Get prepped

- Finely chop **garlic**. Drain **sweetcorn**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium heat. Cook **garlic** and **sweetcorn** until fragrant, **1-2 minutes**.



Make the katsu sauce

- Wipe out the frying pan, then return to medium heat. Cook **katsu paste**, the **brown sugar**, **water (for the sauce)** and **plant-based butter**, stirring, until slightly reduced, **1-2 minutes**.



Cook the rice

- Add **jasmine rice**, **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Make the slaw

- Meanwhile, grate **carrot**.
- Thinly slice **spring onion**.
- In a medium bowl, combine **slaw mix**, **carrot**, **plant-based mayo**, the **sesame oil** and a drizzle of **vinegar**. Season to taste.



Cook the plant-based chicken

- When the rice has **10 minutes** remaining, heat a large frying pan over medium-high heat with enough **olive oil** to coat the base.
- Cook **plant-based crumbed chicken tenders** until golden and heated through, **2-3 minutes** on each side.
- Transfer to a paper towel-lined plate.



Serve up

- Divide corn rice and sesame slaw between bowls. Top with plant-based crumbed chicken and katsu sauce.
- Garnish with spring onion to serve. Enjoy!

CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



DOUBLE PLANT-BASED CHICKEN TENDERS

Follow method above, cooking in batches if necessary.

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

