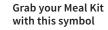


Chicken Katsu Sando

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



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

	2 People
olive oil*	refer to method
sourdough loaf	1 loaf
chicken breast	1 medium packet
plain flour*	1 tbs
sweet soy seasoning	1 sachet
egg*	1
panko breadcrumbs	1 packet
shredded cabbage mix	1 medium packet
mayonnaise	1 medium packet
vinegar* (white wine or rice wine)	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 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!

