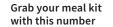


Chicken Katsu & Garlic Rice

with Roasted Courgette & Slaw

TASTE TOURS











Courgette





Sweet Soy

Seasoning

Cucumber

Chicken Breast



Panko Breadcrumbs







Katsu Paste







Crispy Shallots



Coriander

Prep in: 35-45 mins Ready in: 40-50 mins



If you want your kitchen to smell amazing you don't need to pull out every spice you own, just a simple katsu sauce, garlic rice and roasted courgette will do. With a golden crumbed chicken, it's enough to have your senses blissfully overwhelmed with fragrances that leave your mouth watering.

Pantry items

Olive Oil, Butter, Honey, Plain Flour, Egg, 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

Medium saucepan with a lid \cdot Oven tray lined with baking paper \cdot Large frying pan

Ingredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	1 clove	2 cloves	
butter*	40g	80g	
jasmine rice	1 medium packet	1 large packet	
water* (for the rice)	1¼ cups	2½ cups	
courgette	1	2	
cucumber	1 (medium)	1 (large)	
honey*	1 tsp	2 tsp	
chicken breast	1 medium packet	2 medium packets OR 1 large packet	
sweet soy seasoning	1 sachet	2 sachets	
plain flour*	1 tbs	2 tbs	
egg*	1	2	
panko breadcrumbs	1 medium packet	1 large packet	
crushed peanuts	1 packet	2 packets	
katsu paste	1 medium packet	1 large packet	
water* (for the sauce)	½ cup	1 cup	
brown sugar*	1 tsp	2 tsp	
slaw mix	1 medium packet	1 large packet	
garlic aioli	1 medium packet	1 large packet	
ponzu sauce	1 medium packet	1 large packet	
crispy shallots	1 medium sachet	1 large sachet	
coriander	1 packet	1 packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4147kJ (991cal)	308kJ (74cal)
Protein (g)	57.3g	4.3g
Fat, total (g)	52.5g	3.9g
- saturated (g)	17.5g	1.3g
Carbohydrate (g)	74.8g	5.6g
- sugars (g)	20.5g	1.5g
Sodium (mg)	1783mg	132.6mg
Dietary Fibre (g)	6.5g	0.5g

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





Cook the garlic rice

- Preheat oven to 240°C/220°C fan-forced.
- Finely chop garlic.
- In a medium saucepan, heat half the butter and a drizzle of olive oil over medium heat.
- Cook garlic until fragrant, 1-2 minutes. Add jasmine rice, the water (for the rice) and a generous pinch of salt to the pan, 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!



Roast the courgette

- While the rice is cooking, slice courgette into half-moons. Slice cucumber into rounds.
- Place courgette on a lined oven tray. Add a generous drizzle of olive oil, season with salt and toss to coat. Roast until just tender, 15 minutes.
- Remove courgette from oven, drizzle over the honey and gently toss to coat. Return to the oven and roast until tender, a further
 7-10 minutes. Transfer to serving plates.



Crumb the chicken

- Meanwhile, place chicken breast between two sheets of baking paper. Pound chicken with a meat mallet or rolling pin until they are an even thickness, about 1cm-thick.
- 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, combine panko breadcrumbs and crushed peanuts.
- Coat chicken first in the flour mixture, followed by the egg and finally in the peanut-breadcrumb mixture. Set aside on a plate.



Cook the chicken

- Heat a large frying pan over medium-high heat with enough olive oil to cover 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: Add extra oil if needed so the schnitzel does not stick to the pan.

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



Make the katsu sauce

- Wipe out the frying pan, then return to medium-high heat. Cook katsu paste, the water (for the sauce), brown sugar and the remaining butter, stirring, until slightly reduced,
 2-3 minutes.
- Meanwhile, combine slaw mix, cucumber, garlic aioli and ponzu sauce in a medium bowl.
 Season with salt and pepper.



Serve up

- Slice crumbed chicken and top with katsu sauce.
- Garnish courgette with crispy shallots.
- Bring everything to the table to serve.
- Help yourself to some garlic rice, katsu crumbed chicken, roasted courgette and slaw.
- Tear over **coriander** to serve. Enjoy!

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