

# Chicken Katsu & Garlic Rice

with Roasted Courgette & Slaw

TASTE TOURS

Grab your meal kit with this number

16



Garlic



Jasmine Rice



Courgette



Cucumber



Chicken Breast



Sweet Soy Seasoning



Panko Breadcrumbs



Crushed Peanuts



Katsu Paste



Slaw Mix



Garlic Aioli



Ponzu Sauce



Crispy Shallots



Coriander

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

 Eat Me Early

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 · Oven tray lined with baking paper · Large frying pan

## Ingredients

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



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## 1 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!



## 4 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.



## 2 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.



## 5 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**.



## 3 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.



## 6 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!

## Rate your recipe

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