



# Sesame-Crumbed Chicken & Katsu Sauce

with Jasmine Rice & Creamy Slaw

CLIMATE SUPERSTAR

Grab your meal kit with this number

1



Jasmine Rice



Chicken Breast



Sweet Soy Seasoning



Panko Breadcrumbs



Sesame Seeds



Katsu Paste



Asian Slaw Mix



Baby Leaves



Mayonnaise



Pork Schnitzel



Diced Bacon

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

Eat Me Early

Katsu sauce is like the superhero sidekick of Japanese cuisine - bold, flavourful, and ready to take your tastebuds on an adventure! Pour it over a golden crumbed chicken dotted with sesame seeds, and watch as every bite become a delicious thrill ride.

### Pantry items

Olive Oil, Plain Flour, Egg, Brown Sugar, Butter



## 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
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b> (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
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
sesame seeds	1 medium sachet	1 large sachet
katsu paste	1 medium packet	1 large packet
<b>brown sugar*</b>	½ tbs	1 tbs
<b>water*</b> (for the sauce)	¼ cup	½ cup
<b>butter*</b>	20g	40g
Asian slaw mix	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3954kJ (945cal)	440kJ (105cal)
Protein (g)	55.8g	6.2g
Fat, total (g)	34.5g	3.8g
- saturated (g)	10g	1.1g
Carbohydrate (g)	98.9g	11g
- sugars (g)	13.2g	1.5g
Sodium (mg)	1272mg	141.6mg
Dietary Fibre (g)	5.4g	0.6g

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.

1



## Make the rice

- Boil the kettle.
- Add the **water (for the rice)** to a medium saucepan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove pan 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!

3



## Cook the chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base. Cook **chicken** in batches until golden and cooked through, **3-5 minutes** each side. Transfer to a paper towel-lined plate.
- Wipe out frying pan and return to medium-low heat. Add **katsu paste**, the **brown sugar**, **water (for the sauce)** and **butter** and cook, stirring, until slightly reduced, **2-3 minutes**.

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

2



## Get prepped

- Meanwhile, place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a shallow bowl, combine **sweet soy seasoning**, the **plain flour** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** and **sesame seeds**.
- Coat **chicken** first in the **flour mixture**, followed by the **egg** and finally in the **sesame breadcrumbs**. Set aside on a plate.

4



## Serve up

- In a medium bowl, combine **Asian slaw mix**, **baby leaves** and **mayonnaise**.
- Slice crumbed chicken.
- Divide jasmine rice and creamy slaw between bowls.
- Top with sesame-crumbed chicken.
- Drizzle over katsu sauce to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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### CUSTOM OPTIONS



#### SWAP TO PORK SCHNITZEL

Follow crumbing and cooking method above, cooking for 1-2 minutes each side.



#### ADD DICED BACON

Cook, breaking up with a spoon, 4-6 minutes.

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

