



Sesame-Crumbed Chicken & Katsu Sauce

with Basmati Rice & Creamy Slaw

Grab your meal kit with this number

1



Basmati Rice



Chicken Breast



Sweet Soy Seasoning



Cornflour



Panko Breadcrumbs



Sesame Seeds



Katsu Paste



Shredded Cabbage Mix



Baby Leaves



Mayonnaise



Peeled Prawns



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, 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
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati 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
cornflour	1 medium packet	2 medium packets
egg*	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
brown sugar*	½ tbs	1 tbs
water* (for the sauce)	¼ cup	½ cup
butter*	20g	40g
shredded cabbage 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)	3936kJ (940Cal)	836kJ (199Cal)
Protein (g)	57.3g	12.2g
Fat, total (g)	34.9g	7.4g
- saturated (g)	9.8g	2.1g
Carbohydrate (g)	98.7g	21g
- sugars (g)	13.7g	2.9g
Sodium (mg)	1260mg	268mg
Dietary Fibre (g)	3.3g	0.7g

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 | CW52



1



Cook the rice

- To a medium saucepan, add the **water (for the rice)** and bring to the boil.
- Add **basmati rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove pan from heat and keep covered until **rice** is tender and water is absorbed, **10 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



Crumb the chicken

- 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**, **cornflour** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs** and **sesame seeds**.
- Coat **chicken** first in the **flour mixture**, then into the **egg** and finally in the **sesame breadcrumbs**. Set aside on a plate.

4



Serve up

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

CUSTOM OPTIONS



ADD PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.



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.

