



# Quick Japanese-Style Chicken Schnitzel

with Katsu Sauce & Pea Slaw

KID FRIENDLY

CLIMATE SUPERSTAR

BESTSELLER



Grab your Meal Kit with this symbol



Pea Pods



Katsu Paste



Chicken Breast



Southeast Asian Spice Blend



Panko Breadcrumbs



Mixed Sesame Seeds



Shredded Cabbage Mix



Japanese Style Dressing



Pork Schnitzels

Prep in: 20-30 mins  
Ready in: 25-35 mins

Carb Smart

Eat Me Early

Give chicken schnitzel a Japanese-inspired twist by serving it with a killer katsu sauce and crisp snow pea slaw. It's a crowd-pleasing combo that's surprisingly carb smart. Prepare for repeat requests!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Brown Sugar, Egg, Butter



## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
pea pods	1 small bag	1 medium bag
katsu paste	1 medium packet	2 medium packets
<b>brown sugar*</b>	1 tsp	2 tsp
<b>water*</b>	½ cup	¾ cup
chicken breast	1 small packet	2 small packets OR 1 large packet
Southeast Asian spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
<b>egg*</b>	1	2
panko breadcrumbs	¾ medium packet	¾ large packet
mixed sesame seeds	1 medium packet	1 large packet
shredded cabbage mix	1 medium bag	1 large bag
Japanese style dressing	1 packet	2 packets
<b>butter*</b>	20g	40g
pork schnitzels**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2354kJ (563Cal)	589kJ (141Cal)
Protein (g)	44.9g	11.2g
Fat, total (g)	29.1g	7.3g
- saturated (g)	9.1g	2.3g
Carbohydrate (g)	28.4g	7.1g
- sugars (g)	9.8g	2.5g
Sodium (mg)	1403mg	351mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2187kJ (523Cal)	584kJ (140Cal)
Protein (g)	41.6g	11.1g
Fat, total (g)	25.3g	6.8g
- saturated (g)	8g	2.1g
Carbohydrate (g)	30.3g	8.1g
- sugars (g)	10.1g	2.7g
Sodium (mg)	1702mg	454mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/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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## Get prepped

- Trim and roughly chop **pea pods**.
- In a medium bowl, combine **katsu paste**, the **brown sugar** and the **water**. Set aside.
- Place **chicken breast** between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm.

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## Make the katsu sauce

- While the chicken is cooking, combine **pea pods**, **shredded cabbage mix**, **Japanese style dressing** and a drizzle of **olive oil** in a large bowl. Season with **salt** and **pepper**. Set aside.
- Wash frying pan and return to medium-high heat. Cook **katsu mixture** and the **butter**, whisking, until slightly thickened, **2-3 minutes**. Remove from heat.



## Cook the chicken

- In a shallow bowl, add **Southeast Asian spice blend**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** (see ingredients) and **mixed sesame seeds**.
- Dip **chicken** into **spice mixture** to coat, then into the **egg**, and finally in the **breadcrumb mixture**. Transfer to a plate.
- In a large frying pan, heat enough **olive oil** to coat the base over medium-high heat. Cook **chicken** in batches, until golden and cooked through, **2-4 minutes** each side. Transfer to a paper towel-lined plate.

**Custom Recipe:** If you've swapped to pork schnitzel, crumb pork as above. In a large frying pan, heat enough olive oil to coat the base over high heat. Cook pork schnitzel in batches, until golden and cooked through, 1-2 minutes each side. Transfer to a paper towel-lined plate.

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## Serve up

- Slice Japanese-style chicken schnitzel.
- Divide schnitzel and pea slaw between plates.
- Drizzle katsu sauce over schnitzel to serve. Enjoy!

## Rate your recipe

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Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)