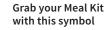


# Quick Japanese-Style Chicken Schnitzel with Katsu Sauce & Pea Slaw

KID FRIENDLY

CLIMATE SUPERSTAR

BESTSELLER











Chicken Breast





Spice Blend



Panko Breadcrumbs





**Shredded Cabbage** 



Japanese Style Dressing





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

Eat Me Early







## 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

ingi calcino				
	2 People	4 People		
olive oil*	refer to method	refer to method		
pea pods	1 small bag	1 medium bag		
katsu paste	1 medium packet	2 medium packets		
brown sugar*	1 tsp	2 tsp		
water*	⅓ cup	⅔ 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		
egg*	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		
butter*	20g	40g		
pork schnitzels**	1 small packet	2 small packets OR 1 large packet		

<sup>\*</sup>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 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





## 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.



## 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.



## 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

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate