

Crumbed Chicken Katsudon

with Spring Onion Omelette & Slaw

CUSTOMER FAVOURITE

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Jasmine Rice



Chicken Thigh



Panko Breadcrumbs



Spring Onion



Red Onion



Shredded Cabbage Mix



Japanese Style Dressing



Mayonnaise



Crispy Shallots



Chicken Breast

Recipe Update

Due to local availability, we've replaced some of your ingredients. They may be a little different to what's pictured, but just as delicious!

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me Early

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

It's pretty tough to beat the rich flavour and crispy texture of Japanese-style katsu. In this riff on the dish, we coat chicken thigh in a panko crust, then shallow-fry until crunchy and golden brown on the outside and juicy inside. Pair with a fluffy omelette for satisfaction, guaranteed.

Pantry items

Olive Oil, Plain Flour, Eggs, Soy Sauce, Vinegar (White Wine or Rice Wine)

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
chicken thigh	1 small packet	2 small packets OR 1 large packet
plain flour*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
eggs*	3	6
panko breadcrumbs	1 medium packet	1 large packet
spring onion	1 stem	2 stems
soy sauce* (for the egg)	1 tsp	2 tsp
red onion	½	1
vinegar* (white wine or rice wine)	1 tsp	2 tsp
shredded cabbage mix	1 medium bag	1 large bag
Japanese style dressing	1 packet	2 packets
mayonnaise	1 medium packet	1 large packet
soy sauce* (for the dressing)	1 tbs	2 tbs
crispy shallots	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3934kJ (940Cal)	763kJ (182Cal)
Protein (g)	53.9g	10.5g
Fat, total (g)	39.1g	7.6g
- saturated (g)	8.2g	1.6g
Carbohydrate (g)	97.7g	19g
- sugars (g)	9.2g	1.8g
Sodium (mg)	1660mg	322mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3859kJ (922Cal)	749kJ (179Cal)
Protein (g)	57.6g	11.2g
Fat, total (g)	35.4g	6.9g
- saturated (g)	7.1g	1.4g
Carbohydrate (g)	97.7g	19g
- sugars (g)	9.2g	1.8g
Sodium (mg)	1642mg	319mg

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.



Cook the rice

- In a medium saucepan, add the **water** 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.
- Keep covered until rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek.



Cook the chicken

- Return frying pan to medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, cook crumbed **chicken**, in batches, until golden and cooked through (when no longer pink inside), **3-4 minutes** each side.
- Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the schnitzel doesn't stick to the pan!

Custom Recipe: Cook crumbed chicken breast the same way as above.



Prep the chicken

- Meanwhile, place **chicken thigh** between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm.
- In a shallow bowl, combine the **plain flour** and the **salt**. In a second shallow bowl, whisk some of the **egg** (1 for 2 people / 2 for 4 people). In a third shallow bowl, place **panko breadcrumbs**.
- Dip **chicken** into **flour mixture** to coat, then into **egg**, and finally in **breadcrumbs**. Set aside on a plate.

Custom Recipe: If you've swapped to chicken breast, prep chicken in the same way as above.



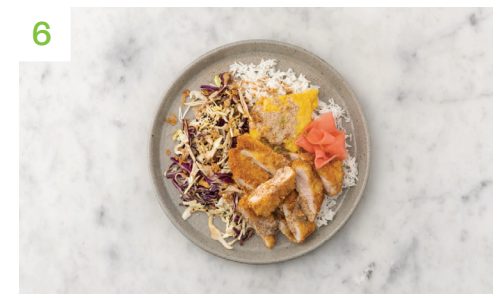
Toss the slaw

- While the chicken is cooking, thinly slice **red onion** (see ingredients).
- In a small microwave safe bowl, combine **onion**, the **vinegar** and a pinch of **sugar** and **salt**.
- Microwave **onion** in **30 second** bursts, until softened.
- Combine **shredded cabbage mix** and **Japanese style dressing** in a second medium bowl. Season to taste, then set aside.
- In a small bowl, combine **mayonnaise** and the **soy sauce (for the dressing)**. Set aside.



Cook the omelette

- Thinly slice **spring onion**.
- In a medium bowl, add the remaining **egg** (2 for 2 people / 4 for 4 people), **spring onion** and the **soy sauce (for the egg)**. Whisk to combine.
- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Add **egg mixture** to pan, then allow to set around the edges, **1 minute**.
- Gently fold the **omelette** and allow to finish cooking through, **1 minute**. Transfer to a second plate.



Serve up

- Slice the crumbed chicken. Slice spring onion omelette in half.
- Divide rice and Japanese slaw between plates. Top with spring onion omelette and chicken. Drizzle with soy-mayo dressing.
- Garnish with **crispy shallots** and **pickled onion** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2023 | CW48

