



Japanese Crumbed Chicken Tacos

with Katsu Sauce & Sesame Slaw

NEW

KID FRIENDLY

AIR FRYER FRIENDLY

Grab your meal kit with this number

42



Spring Onion



Carrot



Chicken Breast



Panko Breadcrumbs



Katsu Paste



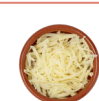
Shredded Cabbage Mix



Sesame Dressing



Mini Flour Tortillas



Cheddar Cheese



Chicken Thigh

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me Early

Enjoy all the classic flavours of Japanese katsu wrapped up in a taco - it's the fusion food you never knew you wanted! Paired with a crisp slaw and a smooth sesame dressing, it will simply delight the tastebuds.

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

Air fryer or Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
spring onion	1 stem	2 stems
carrot	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
plain flour*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
katsu paste	1 packet	2 packets
boiling water*	¼ cup	½ cup
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
shredded cabbage mix	1 medium packet	1 large packet
sesame dressing	1 medium packet	2 medium packets
mini flour tortillas	6	12

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3952kJ (945Cal)	763kJ (182Cal)
Protein (g)	54.8g	10.6g
Fat, total (g)	43.6g	8.4g
- saturated (g)	12.5g	2.4g
Carbohydrate (g)	80g	15.5g
- sugars (g)	13.8g	2.7g
Sodium (mg)	1652mg	319mg
Dietary Fibre (g)	9.7g	1.9g

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.



Get prepped

- Thinly slice **spring onion**. Grate **carrot**.
- Place **chicken breast** between two sheets of baking paper. Pound **chicken** with a meat mallet or rolling pin until it is an even thickness, about 1cm.
- In a shallow bowl, combine the **plain flour** and **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** and **olive oil** (2 tbs for 2 people / ¼ cup for 4 people).
- Coat **chicken** in **flour mixture**, then into **egg**, and finally in **panko**. Set aside on a plate.



Make the slaw

- In a large bowl, combine **carrot**, **shredded cabbage mix** and **sesame dressing**.
- Season to taste.



Cook the chicken

- Set air fryer to **200°C**. Place **crumbed chicken** into air fryer basket and cook until golden and cooked through, **12-15 minutes**. Transfer to a paper towel-lined plate.

TIP: No air fryer? In a large frying pan, heat enough olive oil to coat the base over medium-high heat. Cook crumbed chicken in batches until golden and cooked through, 2-4 minutes each side. Add extra oil if needed so the schnitzel does not stick to the pan.



Heat the tortillas

- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.



Make the katsu sauce

- Meanwhile, boil the kettle.
- In a medium heatproof bowl, whisk together **katsu paste**, the **boiling water** (¼ cup for 2 people / ½ cup for 4 people) and **brown sugar**, until smooth. Add the **butter** and microwave until melted and combined, **30 seconds**.



Serve up

- Slice chicken.
- Fill tacos with sesame slaw and Japanese crumbed chicken.
- Spoon over katsu sauce. Top with spring onion to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS

+ ADD CHEDDAR CHEESE
Sprinkle over before serving.

↻ SWAP TO CHICKEN THIGH
Follow method above.

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

