



# Japanese-Style Chicken Schnitzel

with Katsu Sauce & Deluxe Salad

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

5



Pea Pods



Katsu Paste



Chicken Breast



Southeast Asian Spice Blend



Panko Breadcrumbs



Mixed Sesame Seeds



Deluxe Salad Mix



Japanese Style Dressing



Chicken Tenderloins



Chicken Thigh

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

Carb Smart

Protein Rich

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!

### Pantry items

Olive Oil, Brown Sugar, Egg, 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

Large frying pan

## Ingredients

|                             | 2 People          | 4 People                              |
|-----------------------------|-------------------|---------------------------------------|
| <b>olive oil*</b>           | refer to method   | refer to method                       |
| pea pods                    | 1 small packet    | 1 medium packet                       |
| katsu paste                 | 1 medium packet   | 2 medium packets                      |
| <b>brown sugar*</b>         | 1 tsp             | 2 tsp                                 |
| <b>water*</b>               | 1/3 cup           | 2/3 cup                               |
| chicken breast              | 1 medium packet   | 2 medium packets<br>OR 1 large packet |
| Southeast Asian spice blend | 1 medium sachet   | 1 large sachet                        |
| <b>egg*</b>                 | 1                 | 2                                     |
| panko breadcrumbs           | 3/4 medium packet | 3/4 large packet                      |
| mixed sesame seeds          | 1 medium sachet   | 1 large sachet                        |
| deluxe salad mix            | 1 medium packet   | 1 large packet                        |
| Japanese style dressing     | 1 packet          | 2 packets                             |
| <b>butter*</b>              | 20g               | 40g                                   |

\*Pantry Items

## Nutrition

| Avg Qty           | Per Serving     | Per 100g      |
|-------------------|-----------------|---------------|
| Energy (kJ)       | 2331kJ (557cal) | 295kJ (71cal) |
| Protein (g)       | 48.5g           | 6.1g          |
| Fat, total (g)    | 25.5g           | 3.2g          |
| - saturated (g)   | 8.1g            | 1g            |
| Carbohydrate (g)  | 30.3g           | 3.8g          |
| - sugars (g)      | 10.4g           | 1.3g          |
| Sodium (mg)       | 1389mg          | 175.8mg       |
| Dietary Fibre (g) | 6.2g            | 0.8g          |

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.



## Get prepped

- Trim and roughly chop **pea pods**.
- In a medium bowl, combine **katsu paste**, the **brown sugar** and **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, in a large bowl, combine **pea pods**, **deluxe salad mix**, **Japanese style dressing** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Set aside.
- Wash out 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 (when no longer pink inside), **2-4 minutes** each side. Transfer to a paper towel-lined plate.



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW41



### CUSTOM OPTIONS



SWAP TO CHICKEN TENDERLOINS

Follow method above.



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.

