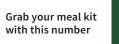


# Japanese-Style Chicken Schnitzel with Katsu Sauce & Deluxe Salad

KID FRIENDLY

CLIMATE SUPERSTAR











Chicken Breast





Southeast Asian Spice Blend



Panko Breadcrumbs



Mixed Sesame





Japanese Style Dressing





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

Eat Me Early







**Protein Rich** 

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!

#### 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
olive oil*	refer to method	refer to method
pea pods	1 small packet	1 medium packet
katsu paste	1 medium packet	2 medium packets
brown sugar*	1 tsp	2 tsp
water*	⅓ cup	⅔ cup
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Southeast Asian spice blend	1 medium sachet	1 large sachet
egg*	1	2
panko breadcrumbs	¾ medium packet	¾ 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
butter*	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 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!









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

