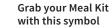


# Chicken Katsu & Veggie Gyoza with Ponzu Sauce & Miso Veggies

TASTE TOURS











Spring Onion

Zucchini



Mixed Sesame



Half Chicken

Seeds





Miso Paste





Katsu Paste

**Ginger Paste** 

Vegetable Gyoza





Ponzu

Prep in: 35-45 mins Ready in: 45-55 mins



This delicious feast ticks all the boxes when it comes to Japanese cuisine! It features classics such as vegetable gyoza, miso eggplant and the hero of the feast - katsu chicken. Serve it up with fluffy rice and our famous ponzu sauce.

**Pantry items** 

Olive Oil, Brown Sugar, Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

#### You will need

Large frying pan · Two oven trays lined with baking paper · Medium saucepan with a lid

# **Ingredients**

	2 People	4 People
olive oil*	refer to method	refer to method
half chicken	1 packet	2 packets
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
eggplant	1	2
zucchini	1	2
spring onion	1 stem	2 stems
miso paste	½ packet	1 packet
ginger paste	1 medium packet	1 large packet
mixed sesame seeds	½ medium packet	1 medium packet
vegetable gyoza	1 packet	2 packets
water* (for the gyoza)	1/4 cup	½ cup
katsu paste	1 medium packet	1 large packet
brown sugar*	½ tbs	1 tbs
butter*	20g	40g
ponzu	1 medium packet	2 medium packets

<sup>\*</sup>Pantry Items

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6790kJ (1623Cal)	747kJ (179Cal)
Protein (g)	97.9g	10.8g
Fat, total (g)	73.7g	8.1g
- saturated (g)	21.4g	2.4g
Carbohydrate (g)	134.3g	14.8g
- sugars (g)	24.6g	2.7g
Sodium (mg)	5189mg	571mg

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 chicken

- Preheat oven to 240°C/220°C fan-forced.
- In a large frying pan, heat a drizzle of **olive** oil over a medium-high heat. Season the half chicken with a good pinch of salt and pepper. Add chicken to pan, skin side down first, and cook until browned. 4-5 minutes each side.
- · Transfer chicken to a lined oven tray and roast until cooked through, 25-30 minutes.
- Cover to keep warm and set aside to rest for 5-10 minutes.

TIP: Chicken is cooked through when it's no longer pink inside.



# Roast the eggplant & zucchini

- Place eggplant and the zucchini on a second lined oven tray. Drizzle with some olive oil (1/4 cup for 2 people / 1/2 cup for 4 people). Toss to coat. Roast until just tender, 15 minutes.
- Meanwhile, combine miso paste (see ingredients), ginger paste, mixed sesame seeds (see ingredients) and a drizzle of olive oil in a small bowl.
- · Add the miso mixture to the just tender eggplant and zucchini, tossing to coat. Return to the oven and roast until tender, 5-7 minutes.



# Cook the jasmine rice

- · Meanwhile, add the water (for the rice) to a medium saucepan and bring to the boil. Add the jasmine rice. Stir, cover with a lid and reduce the heat to low.
- · Cook for 12 minutes, then remove the pan from
- Keep covered until the 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!



# Get prepped

- · While the rice is cooking, slice eggplant and zucchini into 1cm-thick rounds.
- Thinly slice spring onion.



# Cook the gyoza & katsu sauce

- · While the chicken is resting, return frying pan to a medium-high heat with a drizzle of olive oil. When the oil is hot, add the vegetable gyoza, flat-side down, in a single layer. Cook until starting to brown, 1-2 minutes.
- Add the water (for the gyoza) and cover tightly with foil or a lid. Cook until tender and the water has evaporated, 4-5 minutes. Transfer gyoza to a serving plate and cover to keep warm.
- Return the frying pan to a medium-high heat. Add the katsu paste and a good splash of water and cook, stirring, until slightly reduced, 2-3 minutes. Add the brown sugar and butter and stir to combine. Remove from the heat and stir in the chicken resting juices.

TIP: Watch out! The water for the gyoza may spatter.



## Serve up

- · Slice chicken, then transfer to a serving plate and pour over the katsu sauce.
- Bring the chicken katsu, veggie gyoza, miso veggies and jasmine rice to the table. Sprinkle with spring onion.
- Serve gyoza with **ponzu** sauce. Enjoy!

## Rate your recipe

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



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