



Chicken Katsu & Veggie Gyoza

with Ponzu Sauce & Miso Veggies

TASTE TOURS

Grab your Meal Kit with this symbol



Jasmine Rice



Eggplant



Zucchini



Spring Onion



Mixed Sesame Seeds



Half Chicken



Miso Paste



Ginger Paste



Vegetable Gyoza



Katsu Paste



Ponzu

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

Eat Me Early

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)	¼ 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

*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.

We're here to help!

Scan here if you have any questions or concerns

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1 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.



4 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**.



2 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 the heat.
- 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!



5 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.



3 Get prepped

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



6 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

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