



# Chicken Tenders & Katsu Sauce with Rice & Japanese Slaw

FRESH & FAST

Box to plate: 15 mins

Eat me first

Grab your  
Fresh & Fast  
Meal Kit



## Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

**Nutrition Per Serving:** Energy 2984kJ (713Cal) | Protein 49.5g | Fat, total 33.7g - saturated 11.3g | Carbohydrate 50.3g - sugars 11g | Sodium 897mg  
The quantities provided above are averages only.

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2022 | WK11 | V



# Get ready

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'll need

(along with the basics)



Large Frying Pan



Microwave

## From the pantry



Olive Oil

## From the cool pouch

	2P	4P
Chicken Tenderloins	1 small pkt	1 large pkt
Katsu Paste	1 medium pkt	1 large pkt
Light Cooking Cream	1 medium pkt	1 large pkt
Deluxe Slaw Mix	1 medium pkt	1 large pkt
Sesame Dressing	1 pkt (30g)	1 pkt (60g)

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](http://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## 1. Sizzle



Chicken Tenderloins

## 2. Simmer



Katsu Paste



Light Cooking Cream



Microwavable Basmati Rice

## 3. Toss



Celery



Coriander



Deluxe Slaw Mix



Sesame Dressing



Roasted Peanuts

- Heat **olive oil** in a frying pan over high heat
- Cook **chicken** until browned and cooked through, **3-4 mins** each side. Transfer to a plate

- Return pan to medium heat. Cook **katsu paste** and **cream** until bubbling, **1-2 mins**. Remove from heat
- Microwave **rice** until steaming, **2-3 mins**

- Thinly slice **celery**
- In a medium bowl, combine **celery**, torn **coriander**, **slaw mix** and **sesame dressing**
- Plate up **rice**, **slaw** and **chicken**. Spoon **sauce** over **chicken**
- Serve topped with **peanuts**

