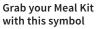
with Pickled Cucumber Salad & Garlic Rice

with this symbol















Carrot

Cucumber



Long Red Chilli



Cos Lettuce

(Optional)



Chicken Breast



Panko Breadcrumbs



Katsu Paste



Coconut Milk

Pantry items

Olive Oil, Butter, Rice Wine Vinegar, Plain Flour, Egg



Before you start

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

You'll also need to give your fruit and

You will need

Medium saucepan with a lid \cdot Large frying pan \cdot Small saucepan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	2 cloves	4 cloves	
butter*	20g	40g	
water*	1¼ cups	2½ cups	
jasmine rice	1 medium packet	1 large packet	
cucumber	1	2	
rice wine vinegar*	1/4 cup	½ cup	
carrot	1	2	
long red chilli (optional)	1/2	1	
cos lettuce	1/2	1	
chicken breast	1 small packet	1 large packet	
plain flour*	2 tbs	1/4 cup	
salt*	1/4 tsp	½ tsp	
egg*	1	2	
panko breadcrumbs	1 medium packet	1 large packet	
katsu paste	1 medium packet	1 large packet	
coconut milk	1 medium tin	1 large tin	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3378kJ (807Cal)	602kJ (144Cal)
Protein (g)	44.6g	8g
Fat, total (g)	22.7g	4g
- saturated (g)	14.6g	2.6g
Carbohydrate (g)	98.6g	17.6g
- sugars (g)	8.4g	17.6g
Sodium (mg)	1030mg	184mg

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 garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook the **garlic** until fragrant, **1-2 minutes**. Add the **water** and a generous pinch of **salt**, then 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 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!



Get prepped

While the rice is cooking, thinly slice the **cucumber** into rounds. In a large bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Add the **cucumber** to the **pickling liquid**. Add enough **water** to just cover the **cucumber**, then set aside. Grate the **carrot**. Thinly slice the **long red chilli** (if using). Finely shred **cos lettuce** (see ingredients).



Prep the chicken

Place the **chicken breast** between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm. In a shallow bowl, whisk the **plain flour**, the **salt** and the **egg** until combined. In a second shallow bowl, place the **panko breadcrumbs**. Dip the **chicken** into the **egg mixture** to coat, and then into the **panko breadcrumbs**. Set aside on a plate.



Cook the chicken

In a large frying pan, heat enough **olive oil** to coat the base over a medium-high heat. When the oil is hot, cook the crumbed **chicken**, in batches, until golden on the outside and cooked through,

2-4 minutes each side. Transfer to a plate lined with paper towel.

TIP: Add extra oil if needed so the crumbed chicken doesn't stick to the pan!

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



Make the sauce

While the chicken is cooking, heat a small saucepan over a medium-high heat. Cook the **katsu paste** and **coconut milk**, stirring, until heated through and slightly thickened, **1-2 minutes**.



Serve up

Drain the pickled cucumber, then return to the bowl and combine with a drizzle of olive oil, the lettuce and grated carrot. Slice the chicken katsu. Divide the garlic rice between plates and top with the chicken. Pour over the katsu coconut sauce. Garnish with the chilli. Serve with the pickled cucumber salad.

Enjoy!

Rate your recipe Scan here to rate this recipe!