

# Coconut Katsu Chicken

with Pickled Cucumber Salad & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Cucumber



Carrot



Long Red Chilli (Optional)



Cos Lettuce



Chicken Breast



Panko Breadcrumbs



Katsu Paste



Coconut Milk

Recipe Update

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 25-35 mins  
 Ready in: 35-45 mins  
 Spicy (optional long red chilli)

Eat Me Early

Top panko-crumbed chicken breast with a creamy, coconutty katsu sauce and you'll have a dish that rivals what you could get at your local Japanese joint. Serve with garlic-infused jasmine rice to soak up the sauce, plus a pickled cucumber salad for some crunch and to cut the richness.

**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 veggies a wash.

## You will need

Medium saucepan with a lid · Large frying pan · Small saucepan

## Ingredients

	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*	¼ cup	½ cup
carrot	1	2
long red chilli (optional)	½	1
cos lettuce	½	1
chicken breast	1 small packet	1 large packet
plain flour*	2 tbs	¼ cup
salt*	¼ 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](https://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!



## 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.



## 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).



## 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**.



## 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.



## 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!

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