



# Coconut Katsu Chicken

with Pickled Cucumber Salad & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Cucumber



Carrot



Long Chilli (Optional)



Panko Breadcrumbs



Coconut Milk



Mixed Salad Leaves



Chicken Breast



Katsu Paste

Prep in: **25-35 mins**  
Ready in: **35-45 mins**

Eat Me Early

Top panko-crumbed chicken breast with a creamy, coconutty katsu sauce and you 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        |
|--|-----------------|-----------------|
| <b>olive oil*</b>  | refer to method | refer to method |
| garlic   | 2 cloves        | 4 cloves        |
| <b>butter*</b>   | 20g             | 40g             |
| jasmine rice   | 1 medium packet | 1 large packet  |
| <b>water*</b>  | 1 ¼ cups        | 2 ½ cups        |
| cucumber   | 1               | 2               |
| <b>rice wine vinegar*</b>  | ¼ cup           | ½ cup           |
| carrot   | 1               | 2               |
| long chilli  (optional) | ½               | 1               |
| chicken breast   | 1 small packet  | 1 large packet  |
| <b>plain flour*</b>  | 2 tbs           | ¼ cup           |
| <b>salt*</b>   | ¼ tsp           | ½ tsp           |
| <b>egg*</b>  | 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     |
| mixed salad leaves   | 1 small bag     | 1 medium bag    |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3846kJ (919Cal) | 610kJ (146Cal) |
| Protein (g)      | 50g             | 7.9g           |
| Fat, total (g)   | 33.2g           | 5.3g           |
| - saturated (g)  | 20.6g           | 3.3g           |
| Carbohydrate (g) | 99.7g           | 15.8g          |
| - sugars (g)     | 9.4g            | 1.5g           |
| Sodium (mg)      | 1101mg          | 175mg          |

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.

## We're here to help!

Scan here if you have any questions or concerns

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## 1 Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt**, then bring to the boil. Add **jasmine rice**. Stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat.
- Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam, so don't peek!



## 4 Cook the chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, cook **chicken**, in batches, until golden and cooked through, **2-4 minutes** each side.
- Transfer to a paper towel-lined plate.

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

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



## 2 Get prepped

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



## 5 Make the sauce & salad

- While the chicken is cooking, heat a small saucepan over medium-high heat. Cook **katsu paste** and **coconut milk**, stirring, until heated through and thickened, **1-2 minutes**. Remove from heat.
- Drain **pickled cucumber**, then return to the bowl. Combine with a drizzle of **olive oil**, the **mixed salad leaves** and **carrot**.

**Little cooks:** Show them how it's done and help toss the salad!



## 3 Crumb the chicken

- Place **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 **panko breadcrumbs**.
- Dip **chicken** into **egg mixture** to coat, then into **breadcrumbs**. Set aside on a plate.

**Little cooks:** Help crumb the chicken! Use one hand for the wet ingredients and the other for the dry ingredients so you don't end up with sticky fingers. Make sure to wash your hands well afterwards.



## 6 Serve up

- Slice the chicken.
- Divide garlic rice between plates. Top with chicken. Pour over coconut katsu sauce.
- Garnish with chilli. Serve with pickled cucumber salad. Enjoy!

**Little cooks:** Under adult supervision, add the finishing touch by pouring the sauce on top. Be careful, the pan is hot!

## Rate your recipe

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