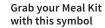
Coconut Katsu Chicken

with Pickled Cucumber Salad & Garlic Rice















Cucumber



Long Chilli (Optional)



Panko Breadcrumbs







Chicken Breast



Katsu Paste

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



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 \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	
jasmine rice	1 medium packet	1 large packet	
water*	1 ¼ cups	2 ½ cups	
cucumber	1	2	
rice wine vinegar*	1⁄4 cup	½ cup	
carrot	1	2	
long chilli ∮ (optional)	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	
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 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 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!



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).



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.



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.



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!



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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