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WK05
2017



Crumbed Chicken Katsu with Wasabi Mayonnaise

This delicious Japanese number is like all of your favourite elements of sushi, with none of the fuss. Crumbed chicken katsu is perfectly at home amongst sweet carrot, spring onion, wasabi infused mayonnaise and sesame seeds. In this easy crowd pleaser, every bite is a delight!



Prep: 10 mins



Cook: 30 mins



Total: 40 mins



level 2



eat me early



spicy

Pantry Items



Olive Oil



Honey



Water



Plain Flour



Milk



Mayonnaise



Carrot



Sesame Seeds



Jasmine Rice



Free Range Chicken Breast



Panko Breadcrumbs



Wasabi





Spring Onion

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2P	4P	Ingredients
2	4	carrots, peeled & cut into batons 
¼ cup	½ cup	olive oil *
1 tsp	2 tsp	honey *
½ sachet	1 sachet	sesame seeds
1 packet	2 packets	Jasmine rice, rinsed well
3 cups	6 cups	water *
2 fillets	4 fillets	free range chicken breast
2 tbs	4 tbs	plain flour *
¼ cup	½ cup	milk *
1 packet	2 packets	panko breadcrumbs
2 tbs	4 tbs	mayonnaise *
¼ sachet	½ sachet	wasabi (caution:hot)
1 bunch	2 bunches	spring onions, cut into strips 

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	4060	Kj
Protein	50	g
Fat, total	37.3	g
-saturated	7.2	g
Carbohydrate	105	g
-sugars	15.4	g
Sodium	464	mg



You will need: *chef's knife, chopping board, vegetable peeler, sieve, oven tray lined with baking paper, medium saucepan, baking paper, rolling pin or meat mallet, four small bowls, plate, large frying pan, tongs and plate lined with paper towel.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Toss the **carrot** in a splash of the **olive oil** and **honey** and place on the prepared oven tray. Sprinkle with the **sesame seeds** and cook in the oven for **20 minutes**, or until golden and tender.

3 Place the **Jasmine rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes**, or until the rice is soft. Drain.

4 Place the **chicken breast fillets** between two pieces of baking paper. Using a rolling pin or meat mallet bash the chicken breast fillets until they are 1 cm thick. Set up a crumbing station by placing the **plain flour** and some **salt** and **pepper** in one bowl, the **milk** in a second bowl and the **panko breadcrumbs** in a third bowl. Dip the flattened chicken breast in the flour, followed by the milk, shaking off any excess and then lastly coat evenly in the breadcrumb mixture. Place on a plate until ready to fry.

5 Heat the remaining olive oil in a large frying pan over a medium-high heat. Add the crumbed chicken and cook for **2-3 minutes** on each side, or until golden and cooked through. Transfer to a paper towel lined plate to drain. Cut the cooked chicken into thick slices.

6 Combine the **mayonnaise** and **wasabi** in a small bowl.

7 To serve, divide the rice & honey sesame carrots between plates. Top with the katsu chicken, a drizzle of wasabi mayonnaise and the **spring onion**.

