



Crumbed Chicken Katsudon

with Spring Onion Omelette & Slaw

Grab your Meal Kit with this symbol



Jasmine Rice



Panko Breadcrumbs



Spring Onion



Crispy Shallots



Chicken Thigh



Slaw Mix



Japanese Dressing



Sesame Dressing



Pickled Ginger



Chicken Breast

Prep in: **25-35 mins**
Ready in: **30-40 mins**

Eat Me Early

In our version of katsudon, panko-crumbed chicken thigh is served over all the good stuff: fragrant jasmine rice, slaw tossed with the best Japanese dressing, *and* an omelette with a subtle sweet oniony flavour from the spring onion. Add the finishing touches with a creamy, soy-spiked sesame dressing, crispy shallots for added texture, plus pickled ginger for a pop of pink and some zing.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plain Flour, Eggs, Soy Sauce

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
chicken thigh	1 small packet	1 large packet
plain flour*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
eggs*	3	6
panko breadcrumbs	1 medium packet	1 large packet
spring onion	1 stem	2 stems
soy sauce* <i>(for the egg)</i>	1 tsp	2 tsp
slaw mix	1 small bag	1 large bag
Japanese dressing	1 packet	2 packets
sesame dressing	1 packet (60g)	2 packets (120g)
soy sauce* <i>(for the dressing)</i>	1 tbs	2 tbs
crispy shallots	1 medium packet	1 large packet
pickled ginger	1 packet	2 packets
chicken breast**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3939kJ (941Cal)	764kJ (183Cal)
Protein (g)	55.3g	10.7g
Fat, total (g)	38g	7.4g
- saturated (g)	7.9g	1.5g
Carbohydrate (g)	98g	19g
- sugars (g)	9.3g	1.8g
Sodium (mg)	1597mg	310mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3883kJ (928Cal)	754kJ (180Cal)
Protein (g)	57.6g	11.2g
Fat, total (g)	35.4g	6.9g
- saturated (g)	7.1g	1.4g
Carbohydrate (g)	98g	19g
- sugars (g)	9.3g	1.8g
Sodium (mg)	1587mg	308mg

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.

We're here to help!

Scan here if you have any questions or concerns



1 Cook the rice

- Add the **water** to a medium saucepan and bring to the boil.
- Add **jasmine rice**. Stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove pan from heat.
- Keep covered until 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!



4 Cook the chicken

- Return frying pan to medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, cook **crumbed chicken**, in batches, until golden and cooked through (when no longer pink inside), **3-4 minutes** each side.
- Transfer to a paper towel-lined plate.

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

Custom Recipe: Cook the crumbed chicken breast the same way as above.



2 Prep the chicken

- Meanwhile, place **chicken thigh** between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm.
- In a shallow bowl, combine the **plain flour** and the **salt**. In a second shallow bowl, whisk some of the **egg** (1 for 2 people / 2 for 4 people). In a third shallow bowl, place **panko breadcrumbs**.
- Dip **chicken** into **flour mixture** to coat, then into **egg**, and finally in **breadcrumbs**. Set aside on a plate.

Custom Recipe: If you've swapped to chicken breast, prep it the same way as above.



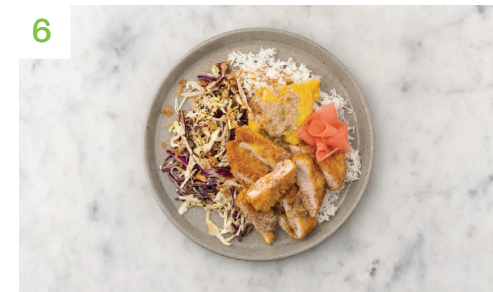
5 Prep the slaw & dressing

- While the chicken is cooking, combine **slaw mix** and **Japanese dressing** in a medium bowl. Season to taste, then set aside.
- In a small bowl, combine **sesame dressing** and the **soy sauce (for the dressing)**. Set aside.



3 Cook the omelette

- Thinly slice **spring onion**.
- In a medium bowl, add remaining **eggs** (2 for 2 people / 4 for 4 people), **spring onion** and the **soy sauce (for the egg)**. Whisk to combine.
- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Add **egg mixture** to pan, then allow to set around the edges, **1 minute**.
- Gently fold **omelette** and allow to finish cooking through, **1 minute**. Transfer to a second plate.



6 Serve up

- Slice the crumbed chicken. Slice spring onion omelette in half.
- Divide rice and Japanese slaw between plates. Top with spring onion omelette and chicken. Drizzle with sesame-soy dressing.
- Garnish with **crispy shallots** and **pickled ginger** to serve. Enjoy!

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