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Crispy Chicken Katsu with Wasabi Mayonnaise

This delicious Japanese number is like all of your favourite elements of sushi, with none of the fuss. Crispy chicken katsu is perfectly at home amongst sweet carrot, spring onion, spicy 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
 spicy

eat me early

Pantry Items

- Vegetable Oil
- Honey
- Water
- Plain Flour
- Milk
- Mayonnaise



Carrot



Sesame Seeds



Jasmine Rice



Chicken Breast



Panko Breadcrumbs



Wasabi



Spring Onions

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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 *
2 tsp	1 tbs	sesame seeds
¾ cup	1 ½ cups	Jasmine rice
3 cups	6 cups	water *
2 fillets	4 fillets	chicken breast
2 tbs	4 tbs	plain flour *
¼ cup	½ cup	milk *
1 cup	2 cups	panko breadcrumbs
2 tbs	4 tbs	mayonnaise *
¼ sachet	½ sachet	wasabi (caution: hot)
1 bunch	2 bunches	spring onions, cut into thin strips

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	3700	Kj
Protein	49.6	g
Fat, total	30.4	g
-saturated	6.2	g
Carbohydrate	99.2	g
-sugars	16.1	g
Sodium	460	mg



You will need: chef's knife, chopping board, vegetable peeler, oven tray lined with baking paper, sieve, medium saucepan, baking paper, rolling pin or meat mallet, 4 small bowls, plate, large frying pan and a 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 **vegetable oil** and **honey** and place on the lined 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** into a sieve and rinse it with cold tap water until the water runs clear. Place the 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 and then lastly coat evenly in the breadcrumb mixture. Place on a plate until ready to fry.

5 Heat the remaining vegetable 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.

Tip: Pop your wasabi mayonnaise in the corner of a zip lock bag. Snip of the end for a nifty squeeze tube effect. To get your spring onions to curl soak them in a small dish of cold water.

7 To serve, divide rice and honey sesame carrots between plates. Top with katsu chicken, a squeeze of wasabi mayonnaise and top with spring onions.



Tip