



CHICKEN KATSU

with Roasted Green Beans & Ginger Rice

INGREDIENTS

2 PERSON | 4 PERSON



1 Thumb | 2 Thumbs
Ginger



½ Cup | 1 Cup
Jasmine Rice



6 oz | 12 oz
Green Beans



10 oz | 20 oz
Chicken Cutlets



1 tsp | 2 tsp
Garlic Powder



½ Cup | 1 Cup
Panko
Breadcrumbs
Contains: Wheat



1 TBSP | 2 TBSP
Cornstarch



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



4 TBSP | 8 TBSP
Katsu Sauce
Contains: Soy, Wheat



1 TBSP | 1 TBSP
Sesame Seeds
Contains: Sesame



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

HELLO

KATSU

Japanese-style fried cutlets, breaded in panko and served with a tangy-sweet sauce



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 780



HERE'S THE SKINNY

In step 3, we have you pound the chicken to a ½-inch thickness to help with quick and even cooking.

For best results, arrange the chicken on a flat work surface and apply uniform pressure with the flat side of a meat mallet or the bottom of a heavy-bottomed pan (we love a cast-iron skillet for the job). Bonus: You might just relieve some stress while you're at it!

BUST OUT

- Small pot
- Mallet
- Baking sheet
- Large pan
- Paper towels
- Small bowl
- Plastic wrap
- Kosher salt
- Black pepper
- Cooking oil (2 tsp + more for frying)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 COOK RICE

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and mince or grate **ginger**.
- Heat a **drizzle of oil** in a small pot over medium-high heat. Add ginger; cook, stirring, until fragrant, 1-2 minutes.
- Stir in **rice** and **¾ cup water (1½ cups for 4 servings)**. Bring to a boil; cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



2 ROAST GREEN BEANS

- While rice cooks, trim **green beans** if necessary. Toss green beans on a baking sheet with a **drizzle of oil, salt, and pepper**.
- Roast on top rack until browned and tender, 12-15 minutes.



3 POUND CHICKEN

- Meanwhile, pat **chicken*** dry with paper towels. Place between two pieces of plastic wrap and pound with a mallet or heavy-bottomed pan until ½ inch thick.
- Season all over with **garlic powder, salt, and pepper**.



4 BREAD CHICKEN

- On a shallow dish or plate, combine **panko, cornstarch, and ½ tsp salt (1 tsp for 4 servings)**. Brush a **thin layer of sour cream** onto both sides of **chicken (you may not use all the sour cream)**.
- Working one piece at a time, press chicken into **panko mixture** until fully coated.



5 COOK CHICKEN

- Heat a **½-inch layer of oil** in a large, preferably nonstick, pan over medium-high heat. Once oil is hot enough that a **pinch of panko** sizzles when added to the pan, add **chicken**. Cook until panko is golden brown and chicken is cooked through, 2-3 minutes per side. **(For 4 servings, cook in batches.) TIP: Thinner pieces will cook faster.**
- Transfer to a paper-towel-lined plate.



6 FINISH & SERVE

- Place **katsu sauce** in a small microwave-safe bowl; microwave until warm, 20 seconds.
- Fluff **rice** with a fork; stir in **1 TBSP butter (2 TBSP for 4 servings)** and season with **salt and pepper**.
- Divide rice, **chicken**, and **green beans** between plates. Drizzle chicken with katsu sauce to taste **(or serve on the side for dipping)**. Sprinkle chicken and green beans with as many **sesame seeds** as you like and serve.

*Chicken is fully cooked when internal temperature reaches 165°.