



CHICKEN KATSU

with Roasted Green Beans & Ginger Rice



HELLO KATSU

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

PREP: 5 MIN | **TOTAL: 30 MIN** | **CALORIES: 710**

-  Ginger
-  Green Beans
-  Garlic Powder
-  Cornstarch
-  Katsu Sauce
(Contains: Soy, Wheat)
-  Jasmine Rice
-  Chicken Cutlets
-  Panko Breadcrumbs
(Contains: Wheat)
-  Sour Cream
(Contains: Milk)
-  Sesame Seeds

START STRONG

In step 3, you'll be pounding chicken to ½-inch thickness to help with quick and even cooking. For best results, use a flat work surface and apply uniform pressure with a meat mallet or heavy-bottomed pan (we love a cast-iron skillet for the job). Bonus: You might just relieve some weeknight stress while you're at it!

BUST OUT

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

INGREDIENTS

Ingredient **2-person** | **4-person**

- Ginger **1 Thumb** | **2 Thumbs**
- Jasmine Rice **½ Cup** | **1 Cup**
- Green Beans **6 oz** | **12 oz**
- Chicken Cutlets* **10 oz** | **20 oz**
- Garlic Powder **1 tsp** | **2 tsp**
- Panko Breadcrumbs **½ Cup** | **1 Cup**
- Cornstarch **1 TBSP** | **2 TBSP**
- Sour Cream **2 TBSP** | **4 TBSP**
- Katsu Sauce **4 TBSP** | **8 TBSP**
- Sesame Seeds **1 TBSP** | **1 TBSP**

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



1 COOK RICE

Preheat oven to 425 degrees. **Wash and dry all 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.



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**, coating all over.



2 ROAST GREEN BEANS

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



5 COOK CHICKEN

Heat a ¼-inch layer of **oil** in a large, preferably nonstick, pan over medium-high heat. Once oil is hot enough that a pinch of breadcrumbs 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.



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**.



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.

KATSU LATER

Try making this crispy dish again with pork cutlets (also known as *tonkatsu*).

Share your #HelloFreshPics with us! | (646) 846-3663 HelloFresh.com

WK.18.NJ.19