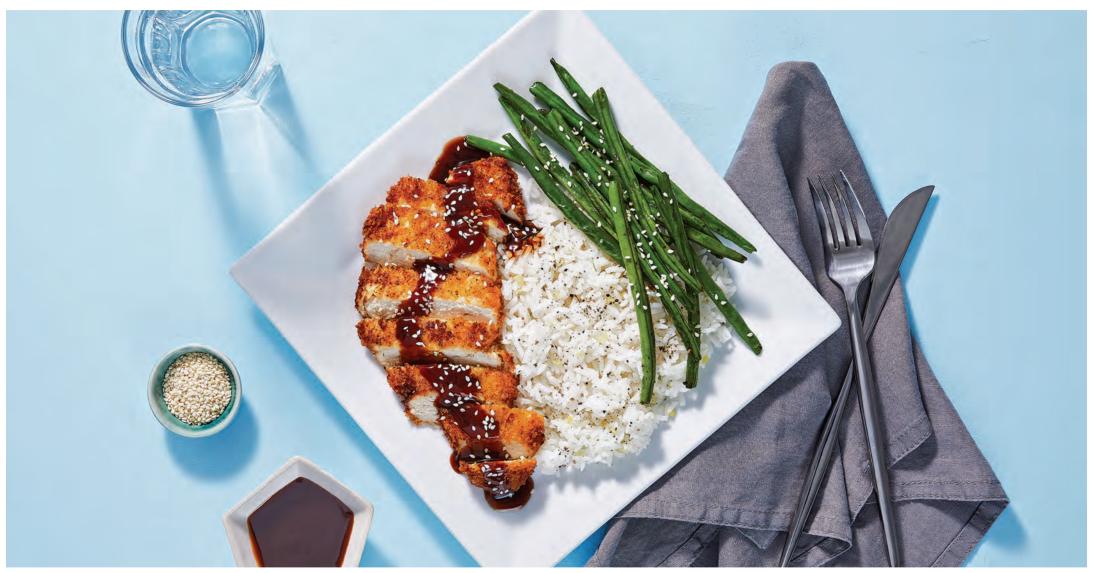
CHICKEN KATSU

with Roasted Green Beans & Ginger Rice



HELLO

KATSU

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



TOTAL: 30 MIN CALORIES: 710



Jasmine Rice



Green Beans

Chicken Cutlets Panko Breadcrumbs







Cornstarch

Katsu Sauce (Contains: Soy, Wheat)





Sesame Seeds

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START STRONG

In step 3, vou'll be pounding chicken to 1/2-inch thickness to help with guick 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 vou're at it!

BUST OUT

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



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 $\frac{3}{4}$ cup water ($\frac{1}{2}$ 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.



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.



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.

INGREDIENTS

Ingredient 2-person | 4-person

1 Thumb | 2 Thumbs Ginger

 Jasmine Rice 1/2 Cup | 1 Cup

6 oz | 12 oz Green Beans

· Chicken Cutlets* 10 oz | 20 oz

 Garlic Powder 1tsp | 2tsp

· Panko Breadcrumbs 1/2 Cup | 1 Cup

 Cornstarch 1 TBSP | 2 TBSP

 Sour Cream 2 TBSP | 4 TBSP

4 TBSP | 8 TBSP Katsu Sauce

 Sesame Seeds 1TBSP | 1TBSP

* Chicken is fully cooked when internal

temperature reaches 165 degrees.



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.



COOK CHICKEN Heat a ⅓-inch layer of **oil** in a large, preferably nonstick, pan over mediumhigh 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.



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.

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KATSU LATER

Try making this crispy dish again with pork cutlets

(also known as tonkatsu).

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