



CHICKEN KATSU

with Sesame-Dressed Cucumber & Jasmine Rice



HELLO KATSU

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

PREP: 5 MIN | **TOTAL: 30 MIN** | **CALORIES: 780**



Chicken Cutlets



Super Select Cucumber



Jasmine Rice



Panko Breadcrumbs
(Contains: Wheat)



Cornstarch



Katsu Sauce
(Contains: Soy, Wheat)



Scallions



Mayonnaise
(Contains: Eggs)



Garlic Powder



Asian Sesame Dressing
(Contains: Eggs)

START STRONG

In step 3, you'll be pounding chicken to a 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
- Meat mallet
- Peeler
- Large pan
- Medium bowl
- Small bowl
- Paper towels
- Kosher salt
- Plastic wrap
- Black pepper
- Vegetable oil (1 tsp + more for frying)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Scallions 2 | 4
- Jasmine Rice ½ Cup | 1 Cup
- Super Select Cucumber 1 | 2
- Asian Sesame Dressing 1.5 oz | 1.5 oz
- Chicken Cutlets 10 oz | 20 oz
- Garlic Powder 1 tsp | 2 tsp
- Panko Breadcrumbs ½ Cup | 1 Cup
- Cornstarch 1 TBSP | 2 TBSP
- Mayonnaise 2 TBSP | 4 TBSP
- Katsu Sauce 4 TBSP | 8 TBSP

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



1 COOK RICE

Wash and dry all produce. Trim and thinly slice **scallions**, separating whites from greens. Heat a drizzle of **oil** in a small pot over medium-high heat. Add **scallion whites** and cook until softened, 1 minute. Stir in ¾ **cup water** (1½ cups water for 4 servings) and **rice**. Bring to a boil, then 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 **salt** (we used ½ tsp kosher salt; 1 tsp for 4 servings). Brush a thin layer of **mayonnaise** onto both sides of **chicken** (you may not use all the mayo). Working one piece at a time, press chicken into **panko mixture**, coating all over.



2 MARINATE CUCUMBER

While rice cooks, trim, peel, and halve **cucumber** lengthwise. Scoop out seeds with a spoon and discard. Thinly slice cucumber crosswise. Place in a medium bowl and toss with half the **dressing** (use all the dressing for 4 servings).



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 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

Pat **chicken** dry with paper towels. Place between two pieces of plastic wrap and pound with a meat 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 **cucumber** between plates. Drizzle chicken with katsu sauce to taste (or serve on the side for dipping). Garnish chicken with **scallion greens** 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

WK26 NJ-18