



# CHICKEN KATSU

with Roasted Broccoli & Ginger Rice

## INGREDIENTS

2 PERSON | 4 PERSON



1 Thumb | 2 Thumbs  
Ginger



½ Cup | 1 Cup  
Jasmine Rice



8 oz | 16 oz  
Broccoli Florets



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



2 TBSP | 4 TBSP  
Sour Cream  
Contains: Milk



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

## HELLO

### CHICKEN KATSU

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



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 770



### KIRIN ICHIBAN

Crafted with the finest ingredients, Kirin Ichiban brings more flavor and joy to life's delicious moments. Scan the QR code to see tips on a Kirin-approved beer experience.



## HERE'S THE SKINNY

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

## GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663

[HelloFresh.com](https://www.hellofresh.com)



### 1 COOK RICE

- Adjust rack to top position and preheat oven to 450 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.



### 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 BROCCOLI

- While rice cooks, cut **broccoli florets** into bite-size pieces if necessary. Toss 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 **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 mixture** sizzles when added to the pan, add **chicken**. Cook until panko crust 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 **broccoli** between plates. Drizzle chicken with katsu sauce to taste (or serve on the side for dipping) and serve.

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