CHICKEN KATSU

PREP: 5 MIN

COOK: 30 MIN

with Roasted Broccoli & Ginger Rice



CALORIES: 770

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

HELLO

CHICKEN KATSU

HELLO FRESH

1/2 Cup | 1 Cup Jasmine Rice

10 oz | 20 oz

½ Cup | 1 Cup

Contains: Wheat

Sour Cream Contains: Milk

INGREDIENTS 2 PERSON | 4 PERSON

1 Thumb | 2 Thumbs

Ginger

8 oz | 16 oz

Broccoli Florets

1 tsp | 2 tsp

Garlic Powder

1 TBSP | 2 TBSP

Cornstarch

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

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

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



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.



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.



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**.



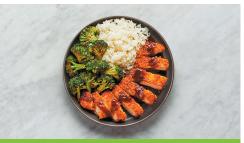
4 BREAD CHICKEN

 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, coating all over.



5 COOK CHICKEN

- Heat a Vs-inch layer of oil in a large, preferably nonstick, pan over mediumhigh 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.



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.