



# Plant-Based Chick'n & Katsu Curry Sauce

with Ginger Veggies & Garlic-Peanut Rice

Grab your Meal Kit  
with this symbol



Prep in: 20-30 mins  
Ready in: 30-40 mins



Our plant-based crumbed chick'n has been a huge hit from the get-go...and just wait till you try it in this Japanese-style dish! While the tenders get nice and golden in the pan, whip up a coconutty curry sauce that works a treat poured over all of the components. Don't forget to add the pickled onion garnish for some extra zing.



Garlic



Basmati Rice



Crushed Peanuts



Onion



Carrot



Green Beans



Sweetcorn



Ginger Paste



Plant-Based  
Crumbed Chicken



Katsu Paste



Coconut Milk

## Pantry items

Olive Oil, White Wine Vinegar, Soy Sauce

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
crushed peanuts	1 medium packet	1 large packet
onion	½	1
white wine vinegar*	¼ cup	½ cup
carrot	1	2
green beans	1 small bag	1 medium bag
sweetcorn	1 tin (125g)	1 tin (300g)
ginger paste	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
plant-based crumbed chicken	1 packet	2 packets
katsu paste	1 medium packet	1 large packet
coconut milk	1 medium tin	1 large tin

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3841kJ (918Cal)	699kJ (167Cal)
Protein (g)	24.8g	4.5g
Fat, total (g)	46.3g	8.4g
- saturated (g)	15.9g	2.9g
Carbohydrate (g)	94.8g	17.2g
- sugars (g)	10.8g	2g
Sodium (mg)	1684mg	306mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](http://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### Cook the garlic-peanut rice

Finely chop **garlic**. In a medium saucepan, heat a drizzle of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**. Add **basmati rice**, the **water** and a generous pinch of **salt**. Stir, then bring to the boil. Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10 minutes**. Stir in **crushed peanuts**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



### Pickle the onion

While the rice is cooking, thinly slice **onion** (see ingredients). In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch sliced **onion** in your hands, then add to **pickling liquid**. Add enough **water** to just cover **onion**. Set aside.



### Cook the veggies

Thinly slice **carrot** into half-moons. Trim the **green beans**. Drain **sweetcorn**. In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans**, **carrot** and **corn**, tossing regularly, until tender, **4-5 minutes**. Add **ginger paste** and the **soy sauce**. Toss until fragrant, **1 minute**. Transfer to a bowl and cover to keep warm.



### Cook the chick'n

Return frying pan to medium-high heat with enough **olive oil** to coat the base. Cook **plant-based crumbed chicken** until golden and heated through, **2-3 minutes** on each side. Transfer to a paper-towel lined plate.



### Make the katsu sauce

Wipe out frying pan and return to medium-high heat. Cook **katsu paste** and **coconut milk**, stirring, until combined, **1-2 minutes**.



### Serve up

Drain pickled onion. Divide garlic-peanut rice between bowls. Top with plant-based chick'n and ginger veggies. Pour over the katsu curry sauce. Spoon over some pickled onion to serve.

### Enjoy!

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