



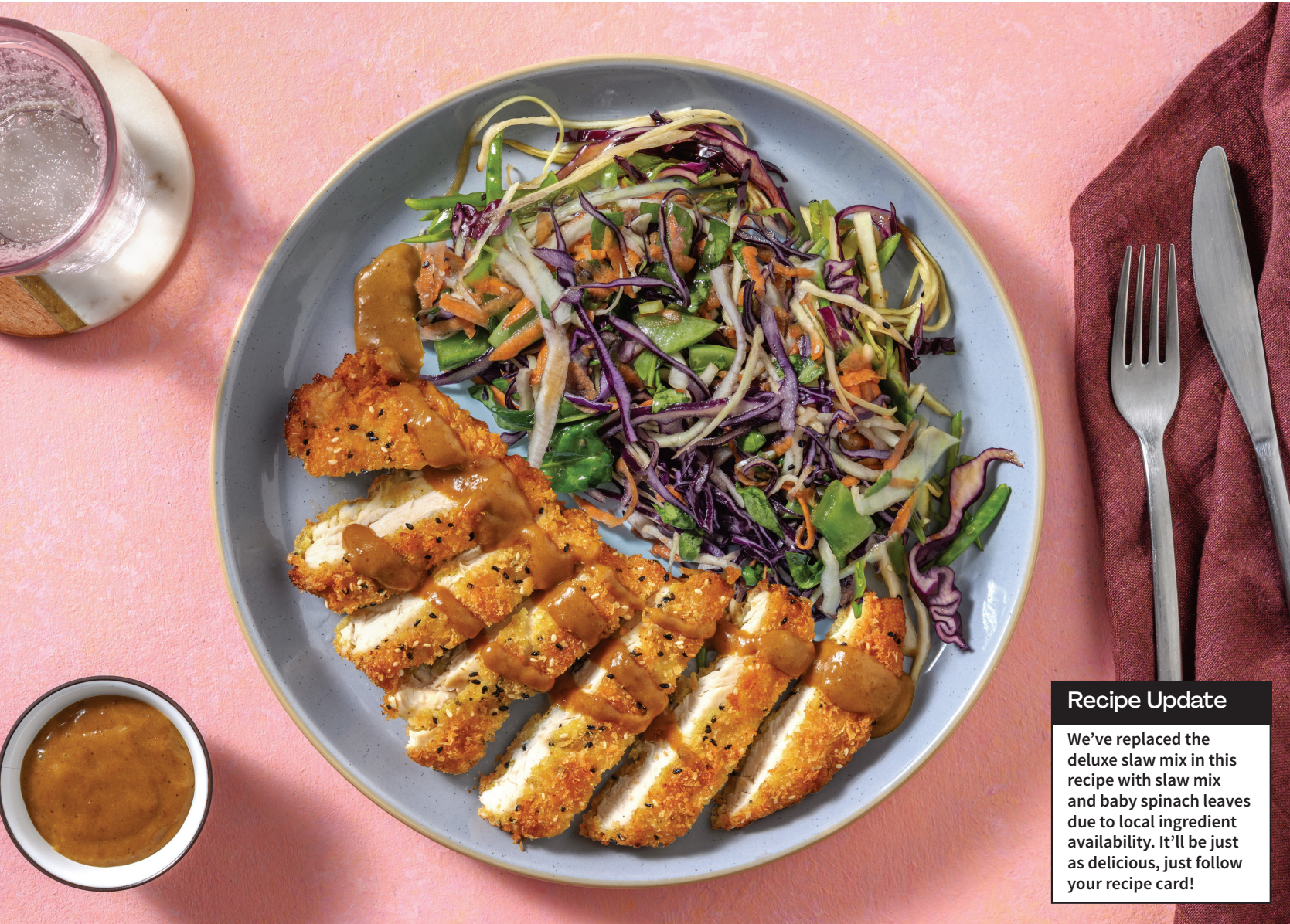
Japanese-Style Chicken Schnitzel

with Katsu Sauce & Pea Pod Slaw

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Pea Pods



Katsu Paste



Chicken Breast



Southeast Asian Spice Blend



Panko Breadcrumbs



Mixed Sesame Seeds



Slaw Mix



Baby Spinach Leaves



Japanese Style Dressing



Chicken Tenderloins

Recipe Update

We've replaced the deluxe slaw mix in this recipe with slaw mix and baby spinach leaves due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins
Ready in: 25-35 mins



Carb Smart



Eat Me Early

Give chicken schnitzel a Japanese-inspired twist by serving it with a killer katsu sauce and crisp snow pea slaw. It's a crowd-pleasing combo that's surprisingly carb smart. Prepare for repeat requests!

CUSTOM RECIPE

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Egg, Butter

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pea pods	1 small bag	1 medium bag
katsu paste	1 medium packet	2 medium packets
brown sugar*	1 tsp	2 tsp
water*	½ cup	¾ cup
chicken breast	1 small packet	2 small packets OR 1 large packet
Southeast Asian spice blend	1 medium sachet	1 large sachet
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
mixed sesame seeds	1 medium packet	1 large packet
slaw mix	1 small bag	1 large bag
baby spinach leaves	1 small bag	1 medium bag
Japanese style dressing	1 packet	2 packets
butter*	20g	40g
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2353kJ (562Cal)	589kJ (141Cal)
Protein (g)	45.8g	11.5g
Fat, total (g)	27.9g	7g
- saturated (g)	8.8g	2.2g
Carbohydrate (g)	29g	7.3g
- sugars (g)	10.4g	2.6g
Sodium (mg)	1401mg	351mg
Dietary Fibre (g)	7.3g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2315kJ (553Cal)	579kJ (138Cal)
Protein (g)	48.4g	12.1g
Fat, total (g)	25.7g	6.4g
- saturated (g)	8.1g	2g
Carbohydrate (g)	29g	7.3g
- sugars (g)	10.4g	2.6g
Sodium (mg)	1387mg	347mg
Dietary Fibre (g)	7.3g	1.8g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Trim and roughly chop **pea pods**.
- In a medium bowl, combine **katsu paste**, the **brown sugar** and **water**. Set aside.
- Place **chicken breast** between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm.



Make the katsu sauce

- While the chicken is cooking, combine **pea pods**, **slaw mix**, **baby spinach leaves**, **Japanese style dressing** and a drizzle of **olive oil** in a large bowl. Season with **salt** and **pepper**. Set aside.
- Wash frying pan and return to medium-high heat. Cook **katsu mixture** and the **butter**, whisking, until slightly thickened, **2-3 minutes**. Remove from heat.



Cook the chicken

- In a shallow bowl, add **Southeast Asian spice blend**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** and **mixed sesame seeds**.
- Dip **chicken** into **spice mixture** to coat, then into the **egg**, and finally in the **breadcrumb mixture**. Transfer to a plate.
- In a large frying pan, heat enough **olive oil** to coat the base over medium-high heat. Cook **chicken** in batches, until golden and cooked through (when no longer pink inside), **2-4 minutes** each side. Transfer to a paper towel-lined plate.

Custom Recipe: If you've swapped to chicken tenderloins, coat chicken as above. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken tenderloins, tossing, until browned and cooked through (when no longer pink inside), 3-4 minutes each side.



Serve up

- Slice Japanese-style chicken schnitzel.
- Divide schnitzel and pea pod slaw between plates.
- Drizzle katsu sauce over schnitzel to serve. Enjoy!

Rate your recipe

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