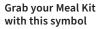


# Asian Chicken Schnitzel & Katsu Sauce

with Japanese Slaw













Chicken Breast

Southeast Asian Spice Blend





Panko Breadcrumbs

Mixed Sesame



Shredded Cabbage



Japanese Dressing



**Pantry items** 

Olive Oil, Egg, Brown Sugar, Butter

Hands-on: 20-30 mins Ready in: 25-35 mins

Eat Me Early



#### 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

Large frying pan

## Ingredients

| 9                           |                 |                 |  |
|-----------------------------|-----------------|-----------------|--|
|                             | 2 People        | 4 People        |  |
| olive oil*                  | refer to method | refer to method |  |
| snow peas                   | 1 bag<br>(100g) | 1 bag<br>(200g) |  |
| katsu paste                 | 1 medium packet | 1 large packet  |  |
| water*                      | ½ cup           | 1 cup           |  |
| chicken breast              | 1 small packet  | 1 large packet  |  |
| Southeast Asian spice blend | 1 sachet        | 2 sachets       |  |
| salt*                       | 1/4 tsp         | ½ tsp           |  |
| panko<br>breadcrumbs        | ¾ medium packet | ¾ large packet  |  |
| mixed sesame seeds          | 1 medium packet | 1 large packet  |  |
| egg*                        | 1               | 2               |  |
| shredded cabbage mix        | 1 bag<br>(150g) | 1 bag<br>(300g) |  |
| Japanese<br>dressing        | 1 packet        | 2 packets       |  |
| brown sugar*                | 1 tsp           | 2 tsp           |  |
| butter*                     | 20g             | 40g             |  |
|                             |                 |                 |  |

<sup>\*</sup>Pantry Items

### **Nutrition**

| Avg Qty           | Per Serving     | Per 100g       |
|-------------------|-----------------|----------------|
| Energy (kJ)       | 2336kJ (558Cal) | 569kJ (136Cal) |
| Protein (g)       | 43.2g           | 10.5g          |
| Fat, total (g)    | 28.9g           | 7g             |
| - saturated (g)   | 9.6g            | 2.3g           |
| Carbohydrate (g)  | 28g             | 6.8g           |
| - sugars (g)      | 10.2g           | 6.8g           |
| Sodium (mg)       | 1497mg          | 365mg          |
| Dietary Fibre (g) | 8.4g            | 2g             |
|                   |                 |                |

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.



# Get prepped

Trim and thinly slice the **snow peas** lengthways. In a medium bowl, combine the **katsu paste** and **water**.



## Prep the chicken

Place the **chicken breast** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until they are an even thickness, about 1cm. In a shallow bowl, combine the **Southeast Asian spice blend** and the **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs** (see ingredients) and **mixed sesame seeds**. Dip the **chicken** into the **spice mixture**, followed by the **egg**, and finally in the **panko breadcrumbs**. Transfer to a plate.



#### Cook the chicken

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. Fry the crumbed **chicken** in batches until golden and cooked through, **2-4 minutes** each side. Transfer to a plate lined with paper towel.

**TIP:** Add extra oil if needed so the schnitzel does not stick to the pan.



#### Toss the slaw

While the chicken is cooking, combine the **snow peas**, **shredded cabbage mix** and **Japanese dressing** in a large bowl. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat.



### Make the katsu sauce

Wash and dry the frying pan and return to a medium-high heat. Add the **katsu mixture** and cook, whisking, until slightly reduced, **2-5 minutes**. Add the **brown sugar** and **butter** and stir to combine.



### Serve up

Slice the Asian chicken schnitzels. Divide the schnitzel and Japanese slaw between plates. Top the chicken with the katsu sauce.

# Enjoy!