



Asian Chicken Schnitzel & Katsu Sauce

with Japanese Slaw

Grab your Meal Kit with this symbol



Snow Peas



Katsu Paste



Chicken Breast



Southeast Asian Spice Blend



Panko Breadcrumbs



Mixed Sesame Seeds



Shredded Cabbage Mix



Japanese Dressing



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



Carb Smart



Eat Me Early

Give chicken schnitzel an Asian-style twist by serving it with a delectable katsu sauce and a crisp Japanese slaw. It's such a crowd-pleasing combo that's surprisingly low-carb! You'd better prepare for repeat requests!

Pantry items

Olive Oil, Egg, Brown Sugar, Butter

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

	2 People	4 People
olive oil*	refer to method	refer to method
snow peas	1 bag (100g)	1 bag (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*	¼ tsp	½ tsp
panko breadcrumbs	¾ medium packet	¾ large packet
mixed sesame seeds	1 medium packet	1 large packet
egg*	1	2
shredded cabbage mix	1 bag (150g)	1 bag (300g)
Japanese dressing	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
butter*	20g	40g

*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**.



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.



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.



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.



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.



Serve up

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

Enjoy!