

Crumbed Chicken Katsudon & Rice

with Herby Omelette & Slaw

Grab your Meal Kit with this symbol



Jasmine Rice



Red Onion



Chicken Thigh



Panko Breadcrumbs



Mixed Sesame Seeds



Herbs



Shredded Cabbage Mix



Japanese Dressing



Sesame Dressing



Crispy Shallots



Japanese Tofu

Hands-on: **25-35 mins**
 Ready in: **30-40 mins**

Eat Me Early

It's pretty tough to beat the rich flavour and crispy texture of Japanese-style katsu. In this riff on the dish, we coat chicken thigh in a sesame-panko crust, then shallow-fry until crunchy and golden brown on the outside and juicy inside. Pair with a fluffy herb omelette for satisfaction, guaranteed.

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

Pantry items

Olive Oil, White Wine Vinegar, Plain Flour, Eggs, 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
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
onion	½	1
white wine vinegar*	¼ cup	½ cup
chicken thigh	1 small packet	1 large packet
plain flour*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
eggs*	3	6
panko breadcrumbs	1 medium packet	1 large packet
mixed sesame seeds	1 medium packet	1 large packet
herbs	1 stem	2 stems
soy sauce* (for the egg)	1 tsp	2 tsp
shredded cabbage mix	1 medium bag	1 large bag
Japanese dressing	1 packet	2 packets
sesame dressing	1 packet (60g)	2 packets (120g)
soy sauce* (for the dressing)	1 tbs	2 tbs
crispy shallots	1 medium packet	2 medium packets
Japanese tofu**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4208kJ (1005Cal)	807kJ (192Cal)
Protein (g)	58.9g	11.3g
Fat, total (g)	39.6g	7.6g
- saturated (g)	7.8g	1.5g
Carbohydrate (g)	98.3g	18.9g
- sugars (g)	9.7g	1.9g
Sodium (mg)	1610mg	309mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4102kJ (980Cal)	899kJ (214Cal)
Protein (g)	41.1g	9g
Fat, total (g)	42.1g	9.2g
- saturated (g)	7.3g	1.6g
Carbohydrate (g)	103g	22.6g
- sugars (g)	12.4g	2.7g
Sodium (mg)	1904mg	417mg

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.

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1 Cook the rice

Add the **water** to a medium saucepan and bring to the boil. Add **jasmine rice**. Stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat. Keep covered until rice is tender and the water is absorbed, **10-15 minutes**.

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



4 Cook the omelette

Roughly chop **herbs**. In a medium bowl, add remaining **egg** (2 for 2 people / 4 for 4 people), **herbs** and the **soy sauce (for the egg)**. Whisk to combine. In a large frying pan, heat a drizzle of **olive oil** over medium heat. Add **egg mixture** to pan, then allow to set around the edges, **1 minute**. Gently fold **omelette** and allow to finish cooking through, **1 minute**. Transfer to a second plate



2 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.



5 Cook the chicken

Return frying pan to medium-high heat with enough **olive oil** to coat the base. When oil is hot, cook crumbed **chicken**, in batches, until golden and cooked through, **3-4 minutes** each side (add extra oil between batches if needed). Meanwhile, combine **shredded cabbage mix** and **Japanese dressing** in a medium bowl. Season to taste, then set aside. Transfer cooked **chicken** to a paper towel-lined plate.

TIP: Chicken is cooked through when it's no longer pink inside.

CUSTOM RECIPE

Heat pan as above. When oil is hot, cook crumbed tofu until golden, 2-3 minutes each side. Transfer to a paper towel-lined plate, then make the slaw, as above.



3 Prep the chicken

Place **chicken thigh** between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm. In a shallow bowl, combine the **plain flour** and the **salt**. In a second shallow bowl, whisk some of the **egg** (1 for 2 people / 2 for 4 people). In a third shallow bowl, combine **panko breadcrumbs** and **mixed sesame seeds**. Dip **chicken** into **flour mixture** to coat, then into **egg**, and finally in **panko-sesame mixture**. Set aside on a plate.

CUSTOM RECIPE

If you've swapped to Japanese tofu, crumb the tofu in the same way as the chicken, as above.



6 Serve up

In a small bowl, combine **sesame dressing** and the **soy sauce (for the dressing)**. Drain pickled onion. Slice crumbed chicken. Slice herby omelette to get one portion per person. Divide rice and slaw between bowls. Top with omelette and crumbed chicken. Drizzle with sesame-soy dressing. Garnish with **crispy shallots** and pickled onion to serve.

Enjoy!