



FEB
2017

Crispy Chicken Katsu

with Wasabi Mayo and Honey-Sesame Sweet Potatoes

This delicious Japanese number is bound to be a crowd pleaser. Crispy chicken katsu is perfectly paired with sweet-and-salty roasted sweet potatoes, green onion rice and a spicy wasabi-infused mayonnaise!



Chicken Breasts



Jasmine Rice



Sweet Potato



Green Onions



Panko
Breadcrumbs



Mayonnaise



Sesame Seeds



Honey




Wasabi Paste



Soy Sauce

Ingredients

| | 2 People | 4 People |
|--|----------------------|----------------|
| Chicken Breasts, butterflied | 1 pkg (340 g) | 2 pkg (680 g) |
| Jasmine Rice | 1 pkg (113 g) | 2 pkg (227 g) |
| Sweet Potato, sticks | 1 pkg (340 g) | 2 pkg (680 g) |
| Green Onions | 2 | 4 |
| Panko Breadcrumbs | 1) 1 pkg (1 cup) | 2 pkg (2 cup) |
| Mayonnaise | 2) 3) 4 pkg (4 tbsp) | 8 pkg (8 tbsp) |
| Sesame Seeds, toasted | 4) 1 pkg (1 tbsp) | 2 pkg (2 tbsp) |
| Honey | 1 pkg (1 tbsp) | 2 pkg (2 tbsp) |
| Wasabi Paste  | 1 pkg (1 tsp) | 1 pkg (1 tsp) |
| Soy Sauce | 1) 2) 1 pkg (1 tsp) | 2 pkg (2 tsp) |
| Olive or Canola Oil* | | |

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Soy/Soja
- 3) Egg/Oeuf
- 4) Sesame/Sésame

Tools

Medium Pot, Measuring Cups, Baking Sheet, Shallow Dish, Large Non-Stick Pan, Small Bowl, Measuring Spoons, Large Bowl

Nutrition per person Calories: 850 cal | Fat: 32 g | Protein: 49 g | Carbs: 91 g | Fibre: 7 g | Sodium: 670 mg
Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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2



1 Preheat the oven to 400°F (to roast the sweet potatoes). Start prepping when the oven comes up to temperature!

2 Prep: Wash and green all produce. In a medium pot, bring **1 cup salted water** (double for 4 people) to a boil. Thinly slice the **green onions**.

3



3 Roast the sweet potatoes: Toss the **sweet potatoes** on a foil-lined baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 25-28 min.

4 Cook the rice: Meanwhile, add the **rice** to the boiling water. Reduce the heat to medium-low. Cover with a lid, and cook until the rice is tender and the water has been absorbed, 12-14 min.

5 Prep the chicken katsu: Meanwhile, pour the **panko** into a shallow dish. Pat the **chicken** dry with paper towels. Season with **salt** and **pepper**. Coat each piece of chicken with **1 pkg mayonnaise**, then dip both sides in the panko, pressing gently so it sticks. Transfer to a plate.

5



6 Cook the chicken katsu: Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **chicken**. (Cook in batches if necessary so you don't crowd the pan!) Pan-fry until golden-brown and cooked through, 4-5 min per side. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.) Transfer to a paper towel-lined plate.

7 Make the wasabi mayonnaise: Meanwhile, in a small bowl, mix the **remaining mayonnaise** and **1/4 tsp wasabi** (double for 4 people). Taste, then add more if you like it spicier! Season with **salt** and **pepper**.

8 Finish and serve: Mix the **green onion** into the **rice**. Toss the **sweet potatoes** with **soy sauce** and **honey** in a large bowl, then sprinkle with **sesame seeds**. Serve the **chicken katsu** with the **wasabi mayo** for dipping, and rice and sweet potatoes on the side. Enjoy!

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