

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

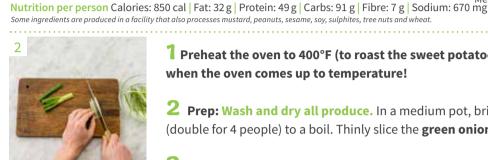


Wasabi Paste



Soy Sauce

Ingredients		2 People	4 People	*Not Included	
Chicken Breasts, butterflied		1 pkg (340 g)	2 pkg (680 g)		.⊑
Jasmine Rice Sweet Potato, sticks		1 pkg (113 g)	2 pkg (227 g) 2 pkg (680 g)	Allergens 1) Wheat/Blé	3/4
		1 pkg (340 g)			/2 in −
Green Onions		2	4	2) Soy/Soja	
Panko Breadcrumbs	1)	1 pkg (1 cup)	2 pkg (2 cup)	3) Egg/Oeuf 4) Sesame/Sésame	Ruler 0 in 14 in
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)	Tools	
Wasabi Paste 🥒		1 pkg (1 tsp)	1 pkg (1 tsp)	tsp) Baking Sheet, Shallow Dish,	
Soy Sauce	1) 2)	1 pkg (1 tsp)	2 pkg (2 tsp)		
Olive or Canola Oil*			Large Non-Stick Pan, Small Bowl,		
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- Preheat the oven to 400°F (to roast the sweet potatoes). Start prepping when the oven comes up to temperature!
- 2 Prep: Wash and dry all produce. In a medium pot, bring 1 cup salted water (double for 4 people) to a boil. Thinly slice the green onions.
- **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.
- **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.
- Make the wasabi mayonnaise: Meanwhile, in a small bowl, mix the remaining mayonnaise and ¼ tsp wasabi (double for 4 people). Taste, then add more if you like it spicier! Season with salt and pepper.
- 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!



