



CHICKEN KATSU

with Roasted Green Beans & Ginger Rice

INGREDIENTS

2 PERSON | 4 PERSON



1 Thumb | 2 Thumbs
Ginger



½ Cup | 1 Cup
Jasmine Rice



6 oz | 12 oz
Green Beans



10 oz | 20 oz
Chicken Cutlets



1 tsp | 2 tsp
Garlic Powder



½ Cup | 1 Cup
Panko Breadcrumbs
Contains: Wheat



1 TBSP | 2 TBSP
Cornstarch



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



4 TBSP | 8 TBSP
Katsu Sauce
Contains: Soy, Wheat



1 TBSP | 1 TBSP
Sesame Seeds

HELLO

KATSU

Japanese-style fried cutlets,
breaded in panko and served
with a tangy-sweet sauce



PREP: 5 MIN

COOK: 30 MIN

CALORIES: 710



HERE'S THE SKINNY

In step 3, you'll be pounding chicken to a ½-inch thickness to help with quick and even cooking. For best results, use a flat work surface and apply uniform pressure with a meat mallet or heavy-bottomed pan (we love a cast-iron skillet for the job). Bonus: You might just relieve some weeknight stress while you're at it!

BUST OUT

- Small pot
- Baking sheet
- Paper towels
- Plastic wrap
- Mallet
- Large pan
- Small bowl
- Kosher salt
- Black pepper
- Vegetable oil (2 tsp + more for frying)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 COOK RICE

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and mince or grate **ginger**.
- Heat a drizzle of **oil** in a small pot over medium-high heat. Add ginger; cook, stirring, until fragrant, 1-2 minutes. Stir in **rice** and **¾ cup water (1½ cups for 4 servings)**. Bring to a boil; cover and reduce heat to low. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



4 BREAD CHICKEN

- On a shallow dish or plate, combine **panko**, **cornstarch**, and **½ tsp salt (1 tsp for 4 servings)**. Brush a thin layer of **sour cream** onto both sides of **chicken** (you may not use all the sour cream). Working one piece at a time, press chicken into **panko mixture**, coating all over.



2 ROAST GREEN BEANS

- While rice cooks, toss **green beans** on a baking sheet with a drizzle of **oil**; season with **salt** and **pepper**.
- Roast on top rack until browned and tender, 12-15 minutes.



5 COOK CHICKEN

- Heat a ½-inch layer of **oil** in a large, preferably nonstick, pan over medium-high heat. Once oil is hot enough that a pinch of **panko** sizzles when added to the pan, add **chicken**. Cook until panko is golden brown and chicken is cooked through, 2-3 minutes per side. **(For 4 servings, cook in batches.) TIP: Thinner pieces will cook faster.**
- Transfer to a paper-towel-lined plate.



3 POUND CHICKEN

- Meanwhile, pat **chicken*** dry with paper towels. Place between two pieces of plastic wrap and pound with a mallet or heavy-bottomed pan until ½ inch thick. Season all over with **garlic powder**, **salt**, and **pepper**.



6 FINISH & SERVE

- Place **katsu sauce** in a small microwave-safe bowl; microwave until warm, 20 seconds.
- Fluff **rice** with a fork; stir in **1 TBSP butter (2 TBSP for 4 servings)** and season with **salt** and **pepper**.
- Divide rice, **chicken**, and **green beans** between plates. Drizzle chicken with katsu sauce to taste (or serve on the side for dipping). Sprinkle chicken and green beans with as many **sesame seeds** as you like and serve.

* Chicken is fully cooked when internal temperature reaches 165°.