

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

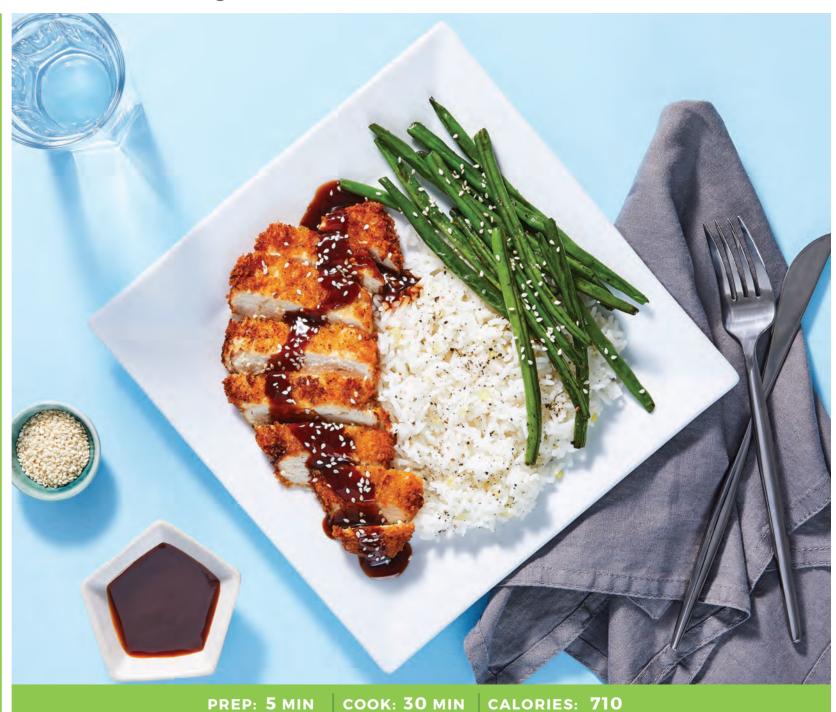


1 TBSP | 1 TBSP Sesame Seeds

HELLO

KATSU

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



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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 ¼ 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.



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.



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.



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.



5 COOK CHICKEN

- Heat a ½-inch layer of oil in a large, preferably nonstick, pan over mediumhigh 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.



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.

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