



# 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



**2 TBSP | 2 TBSP**  
Soy Sauce  
Contains: Soy, Wheat

## HELLO

## KATSU

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



**PREP: 5 MIN | COOK: 30 MIN | CALORIES: 800**



### HERE'S THE SKINNY

In step 3, we have you pound the chicken to a ½-inch thickness to help with quick and even cooking.

For best results, arrange the chicken on a flat work surface and apply uniform pressure with the flat side of a meat mallet or the base of a heavy-bottomed pan (we love a cast-iron skillet for the job). Bonus: You might just relieve some 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
- Cooking oil (2 tsp + more for frying)
- Sugar (1 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk

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



#### 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 with one piece at a time, press chicken into **panko mixture**, coating all over.



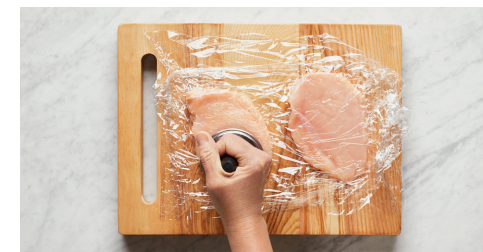
#### 2 ROAST GREEN BEANS

- 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 mixture** sizzles when added to the pan, add **chicken**. Cook until crust is golden brown and chicken is cooked through, 2-3 minutes per side (thinner pieces will cook faster). **(For 4 servings, cook in batches.)**
- Transfer to a paper-towel-lined plate.



#### 3 POUND & SEASON 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

- In a small microwave-safe bowl, combine **katsu sauce**, **half the soy sauce**, **1 tsp sugar**, and a **pinch of pepper** (for 4 servings, use all the soy sauce and 2 tsp sugar). **(TIP: For tangier Japanese BBQ-style flavor, add 1 TBSP ketchup; 2 TBSP for 4.)** Microwave until warm, 20-30 seconds.
- Fluff **rice** with a fork; stir in **1 TBSP butter (2 TBSP for 4)** and season with **salt** and **pepper**.
- Transfer **chicken** to a cutting board; slice crosswise. Divide rice, chicken, and **green beans** between plates. Drizzle chicken with **katsu sauce mixture** 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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