



JAPANESE PANKO CHICKEN

with Sesame Green Beans and Tonkatsu-Style Sauce



HELLO TONKATSU SAUCE

A delicious mix of savory and sweet flavors—think of it as Japan’s answer to barbecue sauce.

PREP: 5 MIN | **TOTAL: 30 MIN** | **CALORIES: 680**

-  Ginger
-  Jasmine Rice
-  Sesame Oil
-  Chicken Cutlets
-  Panko Breadcrumbs
(Contains: Wheat)
-  Ketchup
-  Scallions
-  Green Beans
-  Sesame Seeds
-  Sour Cream
(Contains: Milk)
-  Dijon Mustard
-  Soy Sauce
(Contains: Soy)

START STRONG

Keep an eye on the ginger and the scallions after you add them to the pot, tossing them frequently to prevent burning.

BUST OUT

- Peeler
- Paper towel
- Medium pot
- Shallow dish
- Baking sheet
- Large pan
- Medium bowl
- Small bowl
- Oil (4 tsp | 8 tsp)
- Sugar (1 tsp | 2 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Ginger 1 Thumb | 2 Thumbs
- Scallions 2 | 4
- Jasmine Rice ½ Cup | 1 Cup
- Green Beans 6 oz | 12 oz
- Sesame Oil 1 TBSP | 2 TBSP
- Sesame Seeds 1 TBSP | 2 TBSP
- Chicken Cutlets 10 oz | 20 oz
- Sour Cream 2 TBSP | 4 TBSP
- Panko Breadcrumbs ½ Cup | 1 Cup
- Ketchup 1 oz | 2 oz
- Dijon Mustard 1 tsp | 2 tsp
- Soy Sauce 2 tsp | 4 tsp

HELLO WINE



PAIR WITH
Le Coq Bleu
Côtes du Rhône Rouge, 2016

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1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to middle position and preheat oven to 425 degrees. Peel ginger, then mince until you have 1 TBSP. Thinly slice scallions, keeping greens and whites separate.



4 COAT CHICKEN

Pat chicken dry with a paper towel. Season all over with salt and pepper, then brush with sour cream. Place panko in a shallow dish and season with salt and pepper. Press chicken into panko, coating all over and pressing to adhere.



2 COOK RICE

Heat a drizzle of oil in a medium pot over medium heat. Add minced ginger and scallion whites. Cook, tossing, until fragrant, 1-2 minutes. Add rice and toss to coat. Stir in 1 cup water and a pinch of salt. Bring to a boil, then cover and reduce to a gentle simmer. Cook until tender, about 15 minutes. Keep covered until rest of meal is ready.



5 COOK CHICKEN AND MAKE SAUCE

Heat a large drizzle of oil in a large pan over medium-high heat (use a nonstick pan if you have one). Add chicken and cook until no longer pink in center and panko is golden brown, 3-4 minutes per side. Meanwhile, combine ketchup, 1 tsp mustard, 2 tsp soy sauce, 1 tsp sugar, and 1 tsp water in a small bowl (we sent more mustard and soy sauce).



3 ROAST GREEN BEANS

Toss green beans on a baking sheet with a drizzle of oil and a pinch of salt and pepper. Roast in oven until tender and crisped, 10-12 minutes. Toss in a medium bowl with sesame oil and as much of the sesame seeds as you like.



6 PLATE AND SERVE

Divide rice and green beans between plates. Slice chicken and arrange on top of rice. Drizzle sauce over chicken and rice. Sprinkle with scallion greens and serve. TIP: Serve any extra sauce on the side for dipping.

OISHII!

That's Japanese for delicious, which this dish most definitely is.

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