



KATSU-STYLE ZUCCHINI

with Ginger Scallion Rice & Roasted Broccoli

INGREDIENTS

2 PERSON | 4 PERSON



2 | 2
Scallions



1 Thumb | 1 Thumb
Ginger



2 | 3
Zucchini



½ Cup | 1 Cup
Jasmine Rice



8 oz | 16 oz
Broccoli Florets



½ Cup | 1 Cup
Panko Breadcrumbs
Contains: Wheat



1 tsp | 2 tsp
Garlic Powder



1 TBSP | 2 TBSP
Cornstarch



82 g | 164 g
Tempura Mix
Contains: Eggs, Milk,
Wheat



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



1 tsp | 1 tsp
Sriracha

HELLO

PANKO BREADCRUMBS

These flaky, Japanese-style breadcrumbs give zucchini an irresistibly light and airy crunch.



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 680



KATSU LATER

Translating to “cutlets,” this Japanese dish traditionally features thin cuts of chicken, pork, or fish that are breaded in panko and fried until crispy. Here, you’ll cut zucchini into planks to create the “cutlets.” Then you’ll season with salt to draw out as much moisture as possible, helping the breading stick for perfectly crunchy katsu.

BUST OUT

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

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1 PREP

- Preheat oven to 425 degrees. **Wash and dry all produce.**
- Peel and mince or grate half the **ginger** (**grate all the ginger for 4 servings**). Trim and thinly slice **scallions**, separating whites from greens.
- Trim and slice **zucchini** lengthwise into ½-inch-thick planks; halve each plank crosswise. Season all over with **salt**. **TIP: Each zucchini should yield about 6 total pieces.**



4 MIX PANKO & BATTER

- Meanwhile, on a plate, combine **panko**, **cornstarch**, and **garlic powder**. Season with **salt** and **pepper**.
- In a large bowl, combine **tempura mix**, **⅓ cup cold water**, and **salt** (we used ½ tsp kosher salt). (**Use ⅔ cup water and 1 tsp kosher salt for 4 servings.**) **TIP: If mixture is too thick, add more water 1 TBSP at a time until it reaches a pancake-batter-like consistency.**
- Pat **zucchini** dry with paper towels, pressing firmly to remove as much moisture as possible. **TIP: This will allow the batter to stick better and give you crispier zucchini.**



2 COOK RICE

- Melt **1 TBSP butter** (**2 TBSP for 4 servings**) in a small pot over medium-high heat. Add **ginger** and **scallion whites**; cook until fragrant, 1 minute.
- Stir in **rice**, **¾ cup water** (**1½ cups for 4**), and a big pinch of **salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



5 COAT & FRY ZUCCHINI

- Heat a ⅓-inch layer of **oil** in a large pan over medium-high heat.
- While oil heats, dip **zucchini** into **batter** until coated, then press each battered piece into **panko mixture**, turning to coat all over.
- Once oil is shimmering and hot enough that a pinch of panko sizzles when added to the pan, add coated zucchini. Cook until panko is golden brown, 2-3 minutes per side. **TIP: You may need to cook in batches.**
- Transfer to a paper-towel-lined plate; season with **salt**.



3 ROAST BROCCOLI

- While rice cooks, cut **broccoli florets** into bite-size pieces, if necessary. Toss on a baking sheet with a drizzle of **oil**, **salt**, and **pepper**. Roast until browned and tender, 15-20 minutes.



6 FINISH & SERVE

- Place **katsu sauce** in a small microwave-safe bowl; microwave until just warmed through, 30 seconds.
- Fluff **rice** with a fork and season with **salt** and **pepper**.
- Divide rice, **broccoli**, and **zucchini katsu** between plates. Drizzle zucchini with as much katsu sauce and **sriracha** as you like. Top with **scallion greens** and serve with any remaining sauces on the side for dipping.