



MARLEY SPOON



Chicken Tonkatsu with Jasmine Rice and Stir-Fried Veggies

 20-30min  4 Portions

Traditionally made with pork, tonkatsu is Japan's answer to schnitzel. What makes this irresistibly crunchy dish distinctly Japanese is the barbecue-style sweet and sour sauce that it's often drizzled with. Apart from using chicken, we've also adapted the original recipe slightly by stir-frying the typical accompaniment of shredded cabbage with soy, ginger and garlic for extra flavour.

What we send

- free-range chicken breast fillets
- 2 garlic cloves, ginger and 1 spring onion
- panko breadcrumbs ¹
- tonkatsu sauce ⁶
- green cabbage
- jasmine rice
- carrots

What you'll require

- egg ³
- milk ⁷
- plain flour ¹
- sea salt flakes
- soy sauce ⁶
- vegetable oil
- water

Utensils

- large frypan
- mandoline (optional)
- medium saucepan
- sieve
- small saucepan

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Egg (3), Soy (6), Milk (7).
May contain traces of other allergens.

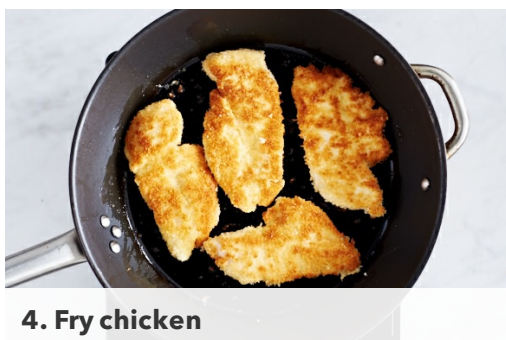
Nutrition per serving

Energy 875.0kcal, Fat 35.7g, Proteins 46.7g, Carbs 88.5g



1. Cook rice

Rinse the **rice** well in a sieve. Place in a medium saucepan with the **water** (see staples list) and cover with a lid. Bring to a simmer over medium heat, then reduce heat to low and cook for 12 mins or until tender and water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



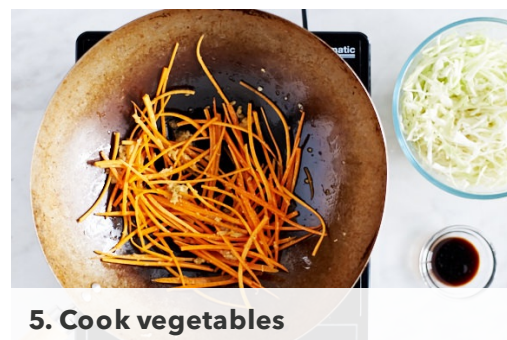
4. Fry chicken

Heat **2cm oil** in a large frypan, preferably non-stick, over medium heat. Shallow-fry the **chicken**, in batches, for 2-3 mins each side until golden and cooked through, adding extra oil if needed. Keep warm until ready to serve.



2. Prepare vegetables

While rice is cooking, crush or finely chop the **garlic**. Peel and finely grate the **ginger**. Trim and thinly slice the **spring onion**. Shred the **cabbage** using a mandoline or sharp knife. Cut the **carrot(s)** into thin matchsticks.



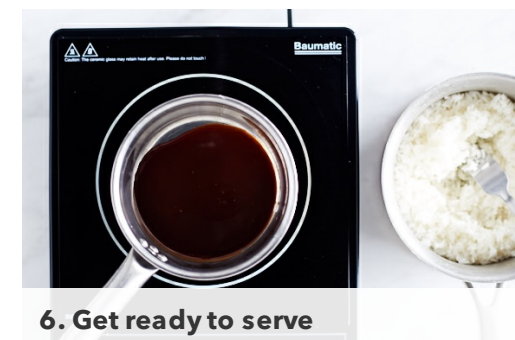
5. Cook vegetables

Meanwhile, heat **1 tbs oil** in a wok over medium-high heat. Stir-fry the **garlic** and **ginger** for 30 secs or until fragrant. Add **carrot** and stir-fry for 1 min. Add **cabbage**, **soy sauce** and **1 tbs water**, and stir-fry for 2 mins or until the vegetables are just tender.



3. Crumb chicken

Carefully slice each **chicken breast** in half horizontally through the middle into 2 thinner steaks. Place **flour** in a dish and season with **salt**. Whisk **egg(s)** with **milk** in a second dish. Place **panko breadcrumbs** into a third dish. Coat each **chicken steak** in the **flour**, then the **egg**, then the **breadcrumbs**, shaking off the excess as you go.



6. Get ready to serve

Put **tonkatsu sauce** in a small saucepan and warm gently over low heat. Fluff up **rice** with a fork, then divide among plates. Top with chicken and vegetables. Scatter over the **spring onion** and serve with the tonkatsu sauce.