

DINNERLY

Japanese-Style Chicken with Stir-Fried Veggies



20-30 minutes



4 Servings

With a little tonkatsu sauce, you can turn chicken into a Japanese meal in the blink of an eye. Sautee carrot, cabbage and ginger, add steamed rice, then sit back and savour the flavour.

WHAT WE SEND

- ginger
- cabbage
- jasmine rice
- carrots
- tonkatsu sauce ⁶
- free-range chicken thigh fillet

WHAT YOU NEED

- sea salt and pepper
- soy sauce ⁶
- vegetable oil
- water

TOOLS

- baking paper
- frypan
- rolling pin

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

ALLERGENS

Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 680kcal, Fat 25.1g, Carbs 71.4g, Proteins 38.4g



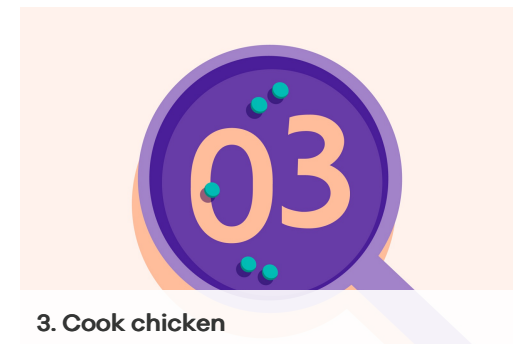
1. Cook rice

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml water** and cover with a lid. Bring to a simmer over medium heat, then reduce heat to low and cook for 10 mins or until tender and water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



2. Prep ingredients

Meanwhile, finely chop or crush **2 garlic cloves**. Peel and finely grate the **ginger**. Thinly shred the **cabbage**. Peel and coarsely grate the **carrots**. Trim any fat from the **chicken**, then put between 2 sheets of baking paper. Using a rolling pin or meat mallet, pound until 1cm thick. Season the chicken with **salt and pepper**.



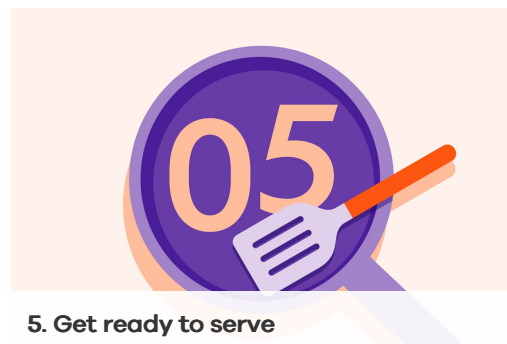
3. Cook chicken

Heat **1 tbs vegetable oil** in a large frypan over medium-high heat. Cook the **chicken** for 3 mins each side or until golden and cooked through. Add the **tonkatsu sauce** and cook, turning to coat, for 2 mins or until the sauce is warmed through.



4. Stir-fry vegetables

Meanwhile, heat **1 tbs vegetable oil** in a wok or deep frypan over medium-high heat. Stir-fry the **garlic** and **ginger** for 30 secs or until fragrant. Add the **carrot** and **cabbage** and stir-fry for 2 mins or until the vegetables are tender. Add **2 tsp soy sauce** and toss to coat. Remove from the heat.



5. Get ready to serve

Fluff up the **rice** with a fork. Divide the rice, **chicken** and **vegetable stir-fry** among plates and drizzle over the sauce to serve.



6. Kitchen hack

Go green by adding thinly sliced spring onion, snow peas or shredded baby bok choy to the veggie stir-fry.