



## Chicken Katsu Rice Bowl

with Japanese Slaw



20-30min



2 Portions

Bring Japanese flavours to the table with our take on classic katsu donburi. Here, panko and sesame-crusted chicken is served with nutritious and nutty brown rice and a bonus lime and soy-spiked slaw. Drizzle with tonkatsu - Japanese barbecue sauce - for an authentic piece de resistance. BA - wholegrain brown rice.

## What we send

- sesame oil <sup>11</sup>
- lime
- tonkatsu sauce <sup>6</sup>
- panko breadcrumbs <sup>1</sup>
- aioli mayonnaise <sup>3</sup>
- spring onion
- 1 large free-range chicken breast fillets
- carrot
- brown rice
- cabbage
- sesame seed blend <sup>11</sup>

\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- 1 egg <sup>3</sup>
- neutral-flavoured oil
- plain flour <sup>1</sup>
- sea salt and pepper
- soy sauce <sup>6</sup>
- sugar
- water

## Utensils

- julienne peeler or box grater
- mandoline (optional)
- medium frypan
- paper towel
- small saucepan with lid

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Gluten (1), Egg (3), Soy (6), Sesame (11).  
May contain traces of other allergens.

## Nutrition per serving

Energy 955kcal, Fat 44.6g, Carbs 81.6g,  
Proteins 51.9g



### 1. Cook rice

**Read through the recipe.** Bring **1L (4 cups) water** to the boil in a medium saucepan. Cook the **rice** in the pan of boiling water for 25 mins or until tender. Drain.



### 2. Prepare slaw

Meanwhile, thinly slice the **cabbage**, using a mandoline or sharp knife. Peel the **carrot** and shred with a julienne peeler or coarsely grate with a box grater. Thinly slice the **spring onion**, keeping the white and green parts separate. Combine the cabbage, carrot and **white part of the spring onion** in a large bowl.



### 3. Make dressing

Juice **half the lime\*\***. Combine the **sesame oil**, **1 tbs lime juice**, **1 tbs soy sauce** and **1 ½ tsp sugar** in a bowl.



### 4. Prepare chicken

Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets. Combine the **breadcrumbs** and **sesame seeds** in a shallow dish and season with **salt and pepper**. Whisk **1 egg** in a bowl. Put **2 tbs flour** in a separate dish. Dust chicken with flour, then shake off excess. Dip in the egg, then coat in the breadcrumb mixture.



### 5. Cook chicken

Heat **1 ½ tbs oil** in a medium frypan over medium heat. Cook the **chicken** for 5 mins on each side or until light golden and cooked through. Drain on paper towel.



### 6. Get ready to serve

Add the **dressing** to the **cabbage mixture** and stir to combine. Divide the **rice**, **chicken** and **slaw** among plates and drizzle with the **tonkatsu sauce**. Scatter over the **remaining spring onion** and serve with the **aioli**.