

MARLEY SPOON



Chicken Katsu Rice Bowl

with Japanese Slaw



20-30min



4 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

- panko breadcrumbs ¹
- brown rice
- aioli mayonnaise ³
- tonkatsu sauce ⁶
- lime
- 2 large free-range chicken breast fillets
- sesame oil ¹¹
- cabbage
- sesame seed blend ¹¹
- 2 carrots
- 2 spring onions

What you'll require

- 2 eggs ³
- neutral-flavoured oil
- plain flour ¹
- sea salt and pepper
- soy sauce ⁶
- sugar
- water

Utensils

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

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 960kcal, Fat 44.6g, Carbs 81.9g, Proteins 52.0g



1. Cook rice

Read through the recipe. Bring **1.5L (6 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 **carrots** and shred with a julienne peeler or coarsely grate with a box grater. Thinly slice the **spring onions**, 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 the **lime**. Combine the **sesame oil, 2 tbs lime juice, 2 tbs soy sauce** and **3 tsp sugar** in a bowl.



4. Prepare chicken

Put the **chicken breasts** flat on a board, put your hand on top and halve horizontally into 4 equal fillets. Combine **breadcrumbs** and **sesame seeds** in a shallow dish and season with **salt and pepper**. Whisk **2 eggs** in a bowl. Put **50g (1/2 cup) flour** in a separate dish. Dust chicken with flour, then shake off excess. Dip in egg, then coat in the breadcrumb mixture.



5. Cook chicken

Heat **60ml (1/4 cup) oil** in a large 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**.