

# DINNERLY

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## Chicken Katsu with Brown Rice and Wasabi Mayo



20-30 minutes



2 Servings

These chicken breasts in a golden, crispy crumb with nutty rice and pickled veggies are so delicious, the only sound at the table will be from lip smacking.

## WHAT WE SEND

- 125g brown rice
- 2 carrots
- 40g panko breadcrumbs<sup>1</sup>
- 80g radish
- 2 x 5g wasabi
- 1 large free-range chicken breast fillet

## WHAT YOU NEED

- soy sauce<sup>6</sup>
- sugar
- vegetable oil
- white vinegar

## TOOLS

- medium frypan
- medium saucepan
- paper towel
- sieve

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

## ALLERGENS

Gluten (1), Soy (6). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 865kcal, Fat 38.8g, Carbs 80.2g, Proteins 44.4g



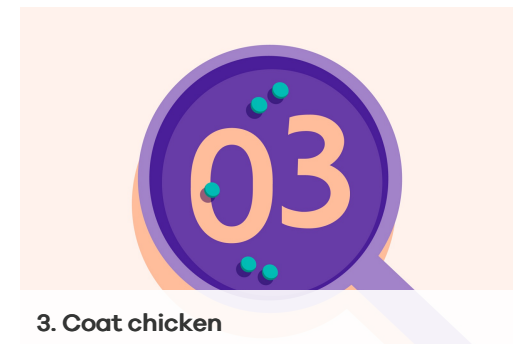
### 1. Pickle vegetables

Bring **1L (4 cups) water** to the boil in a medium saucepan. Peel **carrots**, then shred with a julienne peeler (see Kitchen Hack). Trim and thinly slice the **radish**. Put **2 tbs white vinegar**, **1 tbs sugar** and **a of pinch salt** in a large bowl and stir to dissolve. Add **carrot** and **radish** and toss well to combine. Set aside to pickle, tossing occasionally, until needed.



### 2. Cook rice

Cook the **rice** and **a pinch of salt** in the pan of boiling water for 25 mins or until the rice is tender. Drain, then return to the pan and cover to keep warm.



### 3. Coat chicken

Meanwhile, combine the **wasabi**, **2 tbs mayonnaise** and **1½ tsp soy sauce** in a small bowl. Put the **chicken** on a board, put your hand on top and carefully cut in half horizontally. Brush **half the wasabi mayo** all over the chicken. Put the **breadcrumbs** on a plate, add the **chicken** and turn to coat.



### 4. Pan-fry chicken

Heat **2 tbs vegetable oil** in a medium frypan over medium heat. Cook the **chicken** for 3-4 mins each side until golden and cooked through. Drain on paper towel.



### 5. Serve up

Drain the **pickled vegetables**. Divide the **rice**, **chicken katsu** and **pickled vegetables** among plates and serve with the **remaining wasabi mayo**.



### 6. Kitchen hack

If you don't have a julienne peeler, use a regular vegetable peeler to create thin ribbons or simply grate with a box grater.