

DINNERLY

Chicken Katsu with Brown Rice and Wasabi Mayo



20-30 minutes



4 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

- 160g radish
- 250g brown rice
- 3 carrots
- 75g panko breadcrumbs ¹
- 2 large free-range chicken breast fillets
- 3 x 5g wasabi

WHAT YOU NEED

- soy sauce ⁶
- sugar
- vegetable oil
- white vinegar

TOOLS

- large frypan
- large 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 805kcal, Fat 34.0g, Carbs 77.1g, Proteins 44.0g



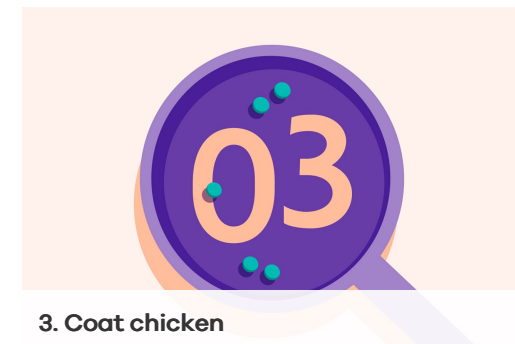
1. Pickle vegetables

Bring **1.5L (6 cups) water** to the boil in a large saucepan. Peel **carrots**, then shred with a julienne peeler (see Kitchen Hack). Trim and thinly slice **radish**. Put **80ml (1/3 cup) white vinegar**, **2 tbs sugar** and **a pinch of salt** in a large bowl, 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**, **1/3 cup mayonnaise** and **3 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 **60ml (1/4 cup) vegetable oil** in a large 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.