

# DINNERLY



## Chicken Katsu Strips with Chunky Vegetable Mash



20-30 minutes



2 Servings

With crumbed chicken tenders, chunky mash and a hit of Japanese barbecue sauce known as tonkatsu, here's a sure-fit hit – even with the pickiest of eaters.

## WHAT WE SEND

- 1
- 6

## WHAT YOU NEED

- egg <sup>3</sup>
- olive oil

## TOOLS

- medium frypan
- medium saucepan
- potato masher

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

## ALLERGENS

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

## NUTRITION PER SERVING

Energy 550kcal, Fat 16.8g, Carbs 40.1g, Proteins 48.9g



### 1. Prep ingredients

Bring a medium saucepan of salted water to the boil for the potatoes. Quarter the **unpeeled potatoes**. Peel the **carrot** and coarsely chop. Finely chop or crush **1 garlic clove**.



### 2. Coat chicken

Lightly beat **1 egg** in a shallow dish. Add the **garlic** and **chicken**, season with **salt and pepper** and stir to coat. Put the **breadcrumbs** on a shallow plate. Roll the chicken in the crumbs to lightly coat.



### 3. Cook vegetables

Cook the **potato** and **carrot** in the pan of boiling water for 12 mins. Add the **peas** and cook for a further 2-3 mins until the peas are warmed through. Drain, then return to the pan.



### 4. Cook chicken katsu

Meanwhile, heat **1 tbs olive oil** in a medium frypan over medium-high heat (see Kitchen hack). Cook the **chicken** for 2-3 mins each side until golden and cooked through. Remove from the pan.



### 5. Serve up

Coarsely mash the **vegetable mixture** with a potato masher. Add **2 tsp olive oil**, season with **salt and pepper** and stir to combine. Divide the **mash** among plates, top with the **chicken katsu strips**, then drizzle with the **tonkatsu sauce** and enjoy.



### 6. Kitchen hack

Instead of pan-frying, place the crumbed chicken on a lined oven tray, spray with oil and bake at 200C for 12-15 mins until golden and cooked through.