

DINNERLY



Chicken Katsu Strips with Chunky Vegetable Mash



20-30 minutes



4 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

- 6
- 1

WHAT YOU NEED

- egg ³
- olive oil

TOOLS

- large frypan
- large 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 39.3g, Proteins 48.7g



1. Prep ingredients

Bring a large saucepan of salted water to the boil for the potatoes. Quarter the **unpeeled potatoes**. Peel the **carrots** and coarsely chop. Finely chop or crush **2 garlic cloves**.



2. Coat chicken

Lightly beat **2 eggs** 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 **2 tbs olive oil** in a large 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 **1 tbs 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.