

DINNERLY



Crispy Breaded Zucchini with Edamame Rice & Asian BBQ Sauce

 20-30min  2 Servings

Katsu is the Japanese version of breaded, fried cutlets. Usually it's chicken, but we took katsu for a walk on the veggie side by breading seasonal zucchini with panko and baking until nice and crispy. There's a protein-boost in the rice thanks to tender edamame. And, a quick Asian-style barbecue sauce takes it over the top. We've got you covered!

WHAT WE SEND

- zucchini
- panko breadcrumbs ^{1,6}
- jasmine rice
- edamame ⁶
- hoisin sauce ^{1,6,11}
- sesame seeds ¹¹

WHAT YOU NEED

- ketchup
- kosher salt & ground pepper

TOOLS

- fine-mesh sieve
- rimmed baking sheet
- saucepan

ALLERGENS

Wheat (1), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 670kcal, Fat 13g, Carbs 110g, Proteins 25g



1. Prep ingredients

Preheat oven to 450°F with top rack in the upper third. Generously oil a rimmed baking sheet. Trim ends from **zucchini**, then slice lengthwise into ½-inch planks. Place **panko** in a shallow baking dish and toss with **2 teaspoons oil**, making sure to evenly coat breadcrumbs. Beat **1 egg** in a shallow baking dish. Season panko and egg with **salt** and **pepper**.



2. Start rice

Rinse **rice** in a fine-mesh sieve until water runs clear. Add to a small saucepan along with **1¼ cups water** and **½ teaspoon salt**; bring to a boil. Cover and cook over low until rice is almost tender, about 12 minutes.



3. Bread & bake zucchini

While the **rice** cooks, add **zucchini** to **egg**, turning to coat; let excess egg drip back into bowl. Then add to **panko**, pressing to help adhere. Transfer zucchini to prepared baking sheet and generously drizzle with **oil**. Bake on top oven rack, until zucchini is tender and golden, flipping halfway through, 20–25 minutes; season with **salt**.



4. Finish rice

Stir **edamame** into **rice**, then cover and cook over low until rice is tender and edamame is warmed through, 5 minutes more. Remove from heat and cover to keep warm.



5. Finish & serve

Meanwhile, in a small bowl, whisk to combine **hoisin** and **2 tablespoons ketchup**. Fluff **edamame rice** with a fork, then serve topped with **crispy breaded zucchini** and **Asian BBQ sauce** alongside for dipping. Sprinkle **sesame seeds** over top. Enjoy!



6. Take it to the next level

Toss together a quick slaw with shredded cabbage, chopped garlic, lime zest and juice, sugar, salt, and several grinds of pepper. Let sit for 20 minutes and scatter on top when ready to serve!