



# DINNERLY

D414 2

## Crispy Breaded Zucchini with Edamame Rice & Asian BBQ Sauce

 20-30min  4 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

- hoisin sauce <sup>1,6,11</sup>
- sesame seeds <sup>11</sup>
- zucchini
- edamame <sup>6</sup>
- panko breadcrumbs <sup>1,6</sup>
- jasmine rice

## WHAT YOU NEED

- ketchup
- kosher salt & ground pepper

## TOOLS

- rimmed baking sheet
- fine-mesh sieve
- 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 660kcal, Fat 13g, Carbs 110g, Proteins 25g



### 1. Prep ingredients

Preheat oven to 450°F with racks in the upper and lower third. Generously **oil** 2 rimmed baking sheets. Trim ends from **zucchini**, then slice lengthwise into ½-inch planks. Place **panko** in a shallow baking dish and toss with **1½ tablespoons oil**, making sure to evenly coat breadcrumbs. Beat **2 eggs** in a shallow baking dish. Season each with **salt** and **pepper**.



### 2. Start rice

Rinse **rice** in a fine-mesh sieve until water runs clear. Add to a medium saucepan along with **2 cups water** and **1 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 sheets and generously drizzle with **oil**. Bake on upper and lower oven racks, until zucchini is tender and golden, flipping halfway through, about 30 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 **¼ cup 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!