



Japanese-Inspired BBQ Chicken Katsu with Snow Peas and Rice

30 Minutes

Customized Protein + Add ↻ Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Swap



Chicken Thighs
280 g | 560 g



Chicken Breasts*
2 | 4



Mayonnaise
2 tbsp | 4 tbsp



Panko Breadcrumbs
1/3 cup | 1/2 cup



Jasmine Rice
3/4 cup | 1 1/2 cups



Snow Peas
56 g | 113 g



Ketchup
2 tbsp | 4 tbsp



Soy Sauce
1/2 tbsp | 1 tbsp



Green Onion
1 | 2



Carrot
1 | 2

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, sugar, salt, pepper, butter

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, shallow dish, small bowl, strainer, whisk

1



Cook rice

• Before starting, wash and dry all produce.

- Add **1 cup** (2 cups) **water** and **1/8 tsp** (1/4 tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until **water** runs clear.
- Add **rice** to the **boiling water**, then reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

2



Prep

- Meanwhile, trim **snow peas**.
- Thinly slice **green onion**.
- Peel, then cut **carrot** into 1/4-inch half-moons.
- Add **panko** to a shallow dish. Set aside.
- Add **ketchup**, **1/2 tbsp** (1 tbsp) **water**, **half the soy sauce** (use all for 4 ppl) and **3/4 tsp** (1 1/2 tsp) **sugar** to a small microwavable bowl. Whisk to combine. Set aside.

3



Prep chicken

🔄 Swap | **Chicken Thighs**

- Pat **chicken** dry with paper towels.
- Carefully slice into centre of **each chicken breast**, lengthwise and parallel to the cutting board, leaving 1/2-inch intact on the other end. Open up **chicken** like a book. Season both sides with **salt** and **pepper**.
- Coat **chicken** all over with **mayo**.
- Working with one **chicken breast** at a time, press both sides into **panko** to coat completely.

4



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **2 tbsp oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl, using 2 tbsp oil per batch).
- Pan-fry on one side until golden-brown, 4-5 min. Flip each piece and add another **1 tbsp oil**. Pan-fry until golden-brown, 4-5 min. (**TIP:** If chicken brown ing too quickly, reduce heat to medium.)
- Transfer to a wire rack.
- Carefully wipe pan clean with paper towels.

5



Cook snow peas

- Add **1/2 tbsp** (1 tbsp) **oil** to the same pan (used in step 4), then **carrots**, **snow peas** and **1 tbsp** (2 tbsp) **water**. Cook, stirring often until tender-crisp and **water** has evaporated, 4-5 min.
- Remove the pan from heat, then season with **salt** and **pepper**.
- Meanwhile, heat **BBQ sauce mixture** in microwave until warmed through, 1 min. (**TIP:** If you don't have a microwave, heat sauce in a small pot over medium heat.) Set aside.

6



Finish and serve

- Fluff **rice** with a fork. Stir in **green onions** and **1 tbsp** (2 tbsp) **butter**. Season with **salt**.
- Divide **rice** between bowls, then top with **veggies** and **chicken**.
- Drizzle **BBQ sauce mixture** over top.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Prep chicken

🔄 Swap | **Chicken Thighs**

If you've opted to get **chicken thighs**, skip the step to butterfly, then prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts**.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.