



# CRISPY CHICKEN KATSU

with Honey-Sesame Sweet Potatoes and Lemon Mayo



HELLO

## CHICKEN KATSU

A crispy chicken cutlet popular in Japanese cuisine

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 894



Chicken Breasts



Jasmine Rice



Sweet Potato, sticks



Green Onions



Panko Breadcrumbs



Mayonnaise



Sesame Seeds, toasted



Honey



Lemon



Soy Sauce

## BUST OUT

- Medium Pot
- Measuring Spoons
- Measuring Cups
- Large Bowl
- Baking Sheet
- Salt
- Shallow Dish
- Pepper
- Large Non-Stick Pan
- Olive or Canola oil
- Small Bowl

## INGREDIENTS

4-person

- Chicken Breasts 2 pkg (680 g)
- Jasmine Rice 2 pkg (340 g)
- Sweet Potato, sticks 1 pkg (680 g)
- Green Onions 4
- Panko Breadcrumbs 1 2 pkg (2 cups)
- Mayonnaise 3 12 pkg (8 tbsp)
- Sesame Seeds, toasted 8 1 pkg (1 tbsp)
- Honey 2 pkg (2 tbsp)
- Lemon 1
- Soy Sauce 1,4 1 pkg (1.5 tsp)

## ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- 0 Seafood/Fruit de Mer
- 5 Tree Nut/Noix
- 1 Wheat/Blé
- 6 Mustard/Moutarde
- 2 Milk/Lait
- 7 Peanut/Cacahuète
- 3 Egg/Oeuf
- 8 Sesame/Sésame
- 4 Soy/Soja
- 9 Sulphites/Sulfites

## START STRONG

Preheat the oven to **450°F** (to roast the sweet potatoes). Start prepping when the oven comes up to temperature! If you're prepping this meal in advance, bread and cook the chicken just before you serve it to retain its crunchy texture.



### 1 ROAST POTATOES

Wash and dry all produce. On a foil-lined baking sheet, toss the **sweet potatoes** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 25-28 min.



### 4 PREP CHICKEN

Meanwhile, pour the **panko** into a shallow dish. Pat the **chicken** dry with paper towel. Season with **salt** and **pepper**. Coat each piece of chicken with the **remaining 6 pkg mayonnaise**, then dip both sides in the panko, pressing gently so it sticks. Transfer to a plate.



### 2 PREP

In a medium pot, bring **2½ cups salted water** to a boil. Thinly slice the **green onions**. Juice the **lemon**. In a small bowl, mix **6 pkg mayo** with **2 tbsp lemon juice**. Carefully slice into the centre of each **chicken breast** – parallel to cutting board – leaving 1-inch intact on the other end. Open up the chicken like a book.



### 5 COOK CHICKEN

Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **chicken**. (Cook in batches if necessary.) Pan-fry until golden-brown and cooked through, 4-5 min per side. (**TIP:** Cook to a minimum internal temperature of 175°F.) Transfer to a paper towel-lined plate.



### 3 COOK RICE

Meanwhile, add the **rice** to the boiling water. Reduce the heat to medium-low. Cover with a lid, and cook until the rice is tender and the water has been absorbed, 12-14 min.



### 6 FINISH AND SERVE

Mix the **green onion** into the **rice**. In a large bowl, toss the **sweet potatoes** with **soy sauce** and **honey**. Sprinkle with **sesame seeds**. Serve the **chicken katsu** with the **lemon mayo**, rice and potatoes on the side.

## OISHI!

That's Japanese for 'delicious', which this dish most definitely is