



MAY
2017

Crispy Chicken Katsu

with Honey-Sesame Sweet Potatoes and Lemon Mayo

This delicious Japanese number is bound to be a crowd-pleaser. Crispy chicken katsu is perfectly paired with roasted sweet potatoes and green onion rice. Drizzle with a lemon-infused mayonnaise for a citrusy finish!

 Prep
30 min



Chicken Breast



Jasmine Rice



Sweet Potato



Green Onions



Panko
Breadcrumbs



Mayonnaise



Sesame Seeds



Honey



Lemon



Soy Sauce

Ingredients

Chicken Breast, butterflied		2 pkg (680 g)
Jasmine Rice		2 pkg (340 g)
Sweet Potato, sticks		2 pkg (680 g)
Green Onions		4
Panko Breadcrumbs	1)	2 pkg (2 cups)
Mayonnaise	3)	12 pkg (8 tbsp)
Sesame Seeds, toasted	4)	1 pkg (2 tbsp)
Honey		2 pkg (2 tbsp)
Lemon		1
Soy Sauce	1) 2)	2 pkg (2 tsp)
Olive or Canola Oil*		

4 People

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Soy/Soja
- 3) Egg/Oeuf
- 4) Sesame/Sésame

Tools

Medium Pot, Measuring Cups, Baking Sheet, Shallow Dish, Large Non-Stick Pan, Small Bowl, Measuring Spoons, Large Bowl

Nutrition per person Calories: 894 cal | Fat: 32 g | Protein: 50 g | Carbs: 101 g | Fibre: 7 g | Sodium: 662 mg

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

2



1 Preheat the oven to 400°F (to roast the sweet potatoes). Start prepping when the oven comes up to temperature!

2 Prep: Wash and dry all produce. In a medium pot, bring **2⅔ cups salted water** to a boil. Thinly slice the **green onions**. Juice the **lemon**.

3 Roast the sweet potatoes: Toss the **sweet potatoes** on a foil-lined baking sheet 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. (**NOTE:** Sweet potatoes won't crisp!)

4 Cook the 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.

5 Prep the chicken katsu: 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 **1 pkg mayonnaise**, then dip both sides in the panko, pressing gently so it sticks. Transfer to a plate.

6 Cook the chicken katsu: Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **chicken**. (Cook in batches if necessary so you don't crowd the pan!) Pan-fry until golden-brown and cooked through, 4-5 min per side. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.) Transfer to a paper towel-lined plate.

7 Make the lemon mayonnaise: Meanwhile, in a small bowl, mix the **remaining mayonnaise** and **2 tbsp lemon juice**.

8 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 **lemon mayo** for dipping, and rice and sweet potatoes on the side. Enjoy!

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Ruler

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