




Product Spotlight: Panko Crumbs


Panko crumbs are Japanese-style bread crumbs made from white bread without crusts; they absorb less oil/ butter when cooking and stay crispier for longer.




Crispy Chicken Katsu Bowl

Chicken schnitzels coated with panko crumbs and sesame seeds, pan-fried to crispy perfection, served over sushi rice with fresh veggies and a delicious, creamy curry mayonnaise.

 25 minutes

 4 servings

 Chicken

Bulk it up!

You can add boiled eggs, fresh corn kernels, diced red capsicum or avocado, shredded seaweed nori sheets, sliced pickled radish or edamame beans. You could also serve with a side of Asian greens or broccolini.

Per serve: **PROTEIN** 36g **TOTAL FAT** 64g **CARBOHYDRATES** 41g

FROM YOUR BOX

SUSHI RICE	300g
PANKO AND SESAME SEED MIX	50g
CHICKEN SCHNITZELS	600g
RED CAPSICUM	1
LEBANESE CUCUMBERS	2
CARROTS	2
CURRY MAYONNAISE	2 x 100g

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

Ground white pepper is a great replacement for cracked black pepper as it is easier to hide from fussy eaters, and gives a lovely, mild flavour.

To warm up the dish, stir-fry sliced carrot and capsicum with sesame oil until tender, then season with soy sauce and pepper.

Before turning the chicken to cook on the second side, drizzle with a little oil. This will help prevent the crumb from burning in the frypan.

No gluten option - panko crumb and sesame seed mix is replaced with quinoa flakes.



1. COOK THE RICE

Rinse sushi rice. Place in a saucepan with **650ml water**. Cover and bring to a boil. Reduce heat immediately to medium-low. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed.



2. CRUMB THE CHICKEN

Spread panko and sesame mix onto a plate. Coat chicken with **oil, salt and pepper** (see notes). Press chicken into panko and sesame mix to crumb.



3. PREPARE THE TOPPINGS

Dice capsicum (see notes) and cucumbers. Use a vegetable peeler to ribbon or julienne carrots. Add curry mayonnaise to a bowl along with **1 tbsp water**. Mix to combine.



4. COOK THE CHICKEN

Heat a large frypan over medium-high heat with **oil**. Add chicken (in batches if necessary) and cook for 4-5 minutes each side (see notes) until golden and cooked through.



5. FINISH AND SERVE

Slice chicken.

Divide rice among bowls. Add prepared veggies and slices of chicken. Drizzle over curry mayo or serve on the side.



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