



Plant-Based Crumbed Chicken & Katsu Sauce

with Corn Rice & Creamy Slaw

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Sweetcorn



Basmati Rice



Plant-Based Crumbed Chicken Tenders



Katsu Paste



Asian Slaw Mix



Plant-Based Mayo



Crispy Shallots



Chicken Breast

Prep in: 25-35 mins
Ready in: 30-40 mins

Plant Based

Eat Me Early*
**Custom Recipe only*

A golden crumb demands a top tier sauce to accompany it and these plant-based crumbed chicken tenders need just that. Let's introduce the star of tonight's dinner, katsu sauce, perfect for drizzling over these chick'n bites and corn rice.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Plant Based Butter, Vinegar (White Wine or Rice Wine), Sesame Oil

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
sweetcorn	1 tin (125g)	1 tin (300g)
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
plant-based crumbed chicken tenders	1 packet	2 packets
katsu paste	1 packet (35g)	1 packet (70g)
brown sugar*	2 tsp	4 tsp
water* (for the sauce)	¼ cup	½ cup
plant-based butter*	20g	40g
Asian slaw mix	1 bag (150g)	1 bag (300g)
vinegar* (white wine or rice wine)	drizzle	drizzle
sesame oil*	1 tsp	2 tsp
plant-based mayo	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4481kJ (1071Cal)	1046kJ (250Cal)
Protein (g)	31.2g	7.3g
Fat, total (g)	54.5g	12.7g
- saturated (g)	12.3g	2.9g
Carbohydrate (g)	108.3g	25.3g
- sugars (g)	16g	3.7g
Sodium (mg)	1699mg	397mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3231kJ (772Cal)	737kJ (176Cal)
Protein (g)	41.8g	9.5g
Fat, total (g)	28g	6.4g
- saturated (g)	9.8g	2.2g
Carbohydrate (g)	84.2g	19.2g
- sugars (g)	14.5g	3.3g
Sodium (mg)	945mg	216mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

2023 | CW49

Not enough space



1



Get prepped

- Finely chop **garlic**. Drain the **sweetcorn**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium heat. Cook **garlic** and **sweetcorn** until fragrant, **1-2 minutes**.

4



Make the katsu sauce

- Wipe out the frying pan, then return to medium heat. Cook **katsu paste**, the **brown sugar**, **water (for the sauce)** and **plant-based butter**, stirring, until slightly reduced, **1-2 minutes**.

2



Cook the rice

- Add **basmati rice**, **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until **rice** is tender and **water** is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

5



Make the slaw

- Meanwhile, combine **Asian slaw mix**, **plant-based mayo**, the **sesame oil** and a drizzle of **vinegar** in a medium bowl. Season to taste.

3



Cook the plant-based chick'n

- When the rice has **10 minutes** remaining, heat a large frying pan over medium-high heat with enough **olive oil** to coat the base.
- Cook **plant-based chicken style tenders** until golden and heated through, **2-3 minutes** on each side.
- Transfer to a paper towel-lined plate.

Custom Recipe: If you've swapped to chicken breast, cut chicken into 2cm chunks. In large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a paper towel-lined plate.

6



Serve up

- Divide corn rice and sesame slaw between bowls. Top with plant-based crumbed chicken and katsu sauce.
- Garnish with **crispy shallots** to serve. Enjoy!

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