



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 Katsu Chicken Burgers

Toasted burger buns from Abhi's bakery with crunchy chicken schnitzels, shredded lettuce, pickled carrot and curry mayonnaise, all served with crispy oven-baked potato chips.



30 minutes



2 servings



Chicken

Switch the flavours!

You can make a ranch-style chicken burger by switching the curry powder to dried dill. Chop some gherkins or capers and stir through the aioli if you have some.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	22g	64g

FROM YOUR BOX

MEDIUM POTATOES	3
CARROT	1
CHICKEN SCHNITZELS	300g
PANKO CRUMBS	40g
TOMATO	1
BABY COS LETTUCE	1
CURRY MAYO	1 sachet
BURGER BUNS	2-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, sugar (of choice), apple cider vinegar, curry powder

KEY UTENSILS

large frypan, oven tray

NOTES

If you don't have apple cider vinegar, you can use white or red wine vinegar instead.

No gluten option – burger buns are replaced with GF burger buns. Panko crumbs are replaced with GF breadcrumbs.



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1. ROAST THE POTATO CHIPS

Set oven to 220°C.

Slice **potatoes** into 1/2cm rounds. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 25 minutes until golden and crispy.



4. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Add **chicken** and cook for 4-5 minutes each side or until cooked through.



2. PICKLE THE CARROT

Julienne or ribbon **carrot** using a vegetable peeler. Add to a non-metallic bowl with **1 tbsp vinegar, 1 tsp sugar** and **1/2 tsp salt** (see notes). Toss to combine and set aside.



5. PREPARE THE COMPONENTS

Slice **tomato** and shred **lettuce**. Transfer **curry mayo** to a small bowl.



3. CRUMB THE CHICKEN

Coat **chicken** with **2 tsp curry powder, oil, salt and pepper**. Spread **panko crumbs** on a plate. Press **chicken** into **crumbs** to coat on both sides.



6. FINISH AND SERVE

Cut **burger buns** in half. Toast in oven for 2-3 minutes until warmed through.

Assemble **burgers** with **curry mayo, chicken, pickled carrot and salad**. Serve with **potato chips**.

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