



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 with Potato Chips

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 mayonnaise to aioli. Chop some dill, gherkins or capers and stir through the aioli if you have some.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	26g	114g

FROM YOUR BOX

MEDIUM POTATOES	3
CARROT	1
CHICKEN SCHNITZELS	300g
PANKO CRUMBS	1 packet
TOMATO	1
BABY COS LETTUCE	1
CURRY MAYONNAISE	100g
HAMBURGER BUNS	2-pack

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, oven tray

NOTES

We set the oven to 250°C for extra crispy chips. If yours doesn't reach that high, you can set it to 220°C and leave the potatoes in for longer to cook.

No gluten option - hamburger buns are replaced with GF buns. Panko crumbs are replaced with GF cornflakes. Crush the cornflakes in the packet until they resemble a crumb. Prepare the chicken as per step 3.



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1. ROAST THE POTATO CHIPS

Set oven to 250°C (see notes).

Slice potatoes into rounds. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 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 the carrot using a vegetable peeler. Add to a non-metallic bowl with **1 tbsp vinegar, 2 tsp sugar** and **2 tsp salt**. Toss to combine and set aside.



5. PREPARE THE COMPONENTS

Slice tomato and shred lettuce. Set aside with curry mayonnaise.

Cut buns in half. Toast in oven for 2–3 minutes until warmed through.



3. PREPARE THE CHICKEN

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



6. FINISH AND SERVE

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

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