



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



4 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
	33g	36g	53g

FROM YOUR BOX

MEDIUM POTATOES	4
CARROT	1
CHICKEN SCHNITZELS	600g
PANKO CRUMBS	1 packet
TOMATO	1
BABY COS LETTUCE	1
CURRY MAYO	2 sachets
BURGER BUNS	4

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 - hamburger buns are replaced with GF buns. Panko crumbs are replaced with GF cornflakes. Crush the cornflakes to resemble a crumb. Prepare the chicken as per step 3.



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1. ROAST THE POTATO CHIPS

Set oven to 220°C.

Slice **potatoes** into 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 the **carrot** using a vegetable peeler. Add to a non-metallic bowl with **1 tbsp vinegar, 2 tsp sugar** and **2 tsp salt** (see notes). Toss to combine and set aside.



5. PREPARE THE COMPONENTS

Slice **tomato** and shred **lettuce**. Set aside. Cut **burger buns** in half. Toast in oven for 2-3 minutes until warmed through.



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

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

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