




### 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 powder to dried dill. Chop some gherkins or capers and stir through the aioli if you have some.*

Per serve: **PROTEIN** 42g **TOTAL FAT** 18g **CARBOHYDRATES** 101g

## FROM YOUR BOX

MEDIUM POTATOES	3
CARROT	1
CHICKEN SCHNITZELS	300g
PANKO CRUMBS	1 packet (40g)
TOMATO	1
BABY COS LETTUCE	1
AIOLI	100g
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 - 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.



### 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.



### 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.



### 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.



### 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.



### 5. PREPARE THE COMPONENTS

Slice tomato and shred lettuce. Combine aioli with **1-2 tsp curry powder**. Set aside.

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



### 6. FINISH AND SERVE

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



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