



### 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 Chicken Katsu Bowl

Chicken schnitzels coated with panko crumbs and sesame seeds, pan-fried to crispy perfection, served over sushi rice with fresh veggies and a delicious, creamy curry mayonnaise.



25 minutes



2 servings



Chicken

### Bulk it up!

*You can add boiled eggs, fresh corn kernels, diced red capsicum or avocado, shredded seaweed nori sheets, sliced pickled radish or edamame beans. You could also serve with a side of Asian greens or broccolini.*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	36g	43g	64g

## FROM YOUR BOX

SUSHI RICE	150g
PANKO AND SESAME SEED MIX	25g
CHICKEN SCHNITZELS	300g
RED CAPSICUM	1
LEBANESE CUCUMBER	1
CARROT	1
CURRY MAYONNAISE	100g

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

large frypan, saucepan

## NOTES

Ground white pepper is a great replacement for cracked black pepper as it is easier to hide from fussy eaters, and gives a lovely, mild flavour.

To warm up the dish, stir-fry sliced carrot and capsicum with sesame oil until tender, then season with soy sauce and pepper.

Before turning the chicken to cook on the second side, drizzle with a little oil. This will help prevent the crumb from burning in the frypan.

**No gluten option – panko crumb and sesame seed mix is replaced with quinoa flakes.**



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### 1. COOK THE RICE

Rinse sushi rice. Place in a saucepan with **350ml water**. Cover and bring to a boil. Reduce heat immediately to medium-low. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed.



### 4. COOK THE CHICKEN

Heat a large frypan over medium-high heat with **oil**. Add chicken (in batches if necessary) and cook for 4-5 minutes each side (see notes) until golden and cooked through.



### 2. CRUMB THE CHICKEN

Spread panko and sesame mix onto a plate. Coat chicken with **oil, salt and pepper** (see notes). Press chicken into panko and sesame mix to crumb.



### 5. FINISH AND SERVE

Slice chicken.

Divide rice among bowls. Add prepared veggies and slices of chicken. Drizzle over curry mayo or serve on the side.



### 3. PREPARE THE TOPPINGS

Dice capsicum (see notes) and cucumber. Use a vegetable peeler to ribbon or julienne carrot. Add curry mayonnaise to a bowl along with **2 tsp water**. Mix to combine.

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