

# DINNERLY



## Plant-Based Chik'n Katsu with Pickled Ginger-Cucumber Salad

 ca. 20min  2 Servings

We're giving everyone's favorite Japanese fried chicken cutlet the meatless moment it deserves. These breaded chik'n cutlets give you all the chicken feels with just plant protein, and they're even more irresistible with a drizzle of sweet and tangy katsu sauce. A side of pickled ginger, cucumber, and carrot ribbons bring the zing, while sticky sushi rice ties it all together. We've got you covered!

## WHAT WE SEND

- 5 oz sushi rice
- 1 carrot
- 1 cucumber
- 1 oz pickled ginger
- 7 oz pkg plant-based chik'n cutlet<sup>1</sup>
- 2 (1.8 oz) katsu sauce<sup>2,1</sup>

## WHAT YOU NEED

- kosher salt
- garlic
- apple cider vinegar (or vinegar of your choice)
- sugar
- neutral oil

## TOOLS

- fine-mesh sieve
- small saucepan
- medium skillet

## ALLERGENS

Wheat (1), Soy (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 830kcal, Fat 34g, Carbs 109g, Protein 23g



### 1. Cook rice

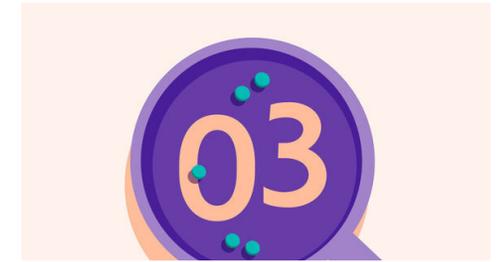
Rinse **rice** in a fine-mesh sieve until water runs clear. In a small saucepan, combine **rice, 1¼ cups water, and ½ teaspoon salt**; bring to a boil over high heat. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



### 2. Pickle veggies

Finely chop ½ **teaspoon garlic**. Use a vegetable peeler or mandolin to shave **carrot and cucumber** into wide ribbons (peel if desired).

In a large bowl, combine **3 teaspoons vinegar, pickled ginger and juice, chopped garlic, and a pinch each of salt and sugar**. Add ribboned veggies and toss to coat.



### 3. Fry chicken & serve

Heat **3 tablespoons oil** in a medium skillet over medium-high. Add **chick'n cutlets** and cook until browned, 2–3 minutes per side. Transfer to a paper towel-lined plate. Season **veggies** to taste with **salt**. Fluff **rice** with a fork.

Serve **chik'n katsu** with **pickled veggies, rice, and katsu sauce** drizzled over top. Enjoy!



4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!