

# DINNERLY



## Customize with Chicken

Crispy Tofu & Broccoli



30-40min



2 Servings

| We customized this recipe with chicken breast strips.

### WHAT WE SEND

- 5 oz jasmine rice
- ½ lb pkg chicken breast strips
- ½ lb broccoli
- 2 oz panko <sup>1</sup>
- 1.8 oz katsu sauce <sup>1,6</sup>

### WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil
- 1 large egg <sup>3</sup>

### TOOLS

- small saucepan
- rimmed baking sheet
- medium skillet

### ALLERGENS

Wheat (1), Egg (3), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 770kcal, Fat 28g, Carbs 97g, Protein 41g



#### 1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**; bring to a boil over high. Cover, reduce heat to low, and cook until water is absorbed, about 17 minutes. Remove from heat and keep covered until ready to serve.



#### 2. Prep chicken & broccoli

Preheat broiler with a rack in the top position.

Pat **chicken** dry, then season all over with **salt** and **pepper**.

Cut **broccoli** into 1-inch florets, if necessary. Toss on a rimmed baking sheet with **1 tablespoon oil** and **a pinch each of salt and pepper**. Set aside until step 5.

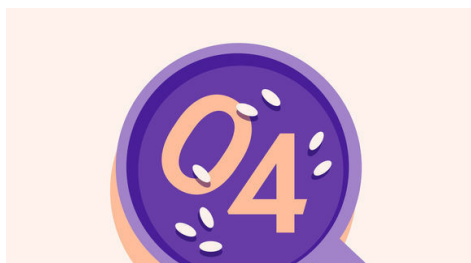


#### 3. Bread chicken

In a shallow bowl, whisk together **1 large egg** and **2 tablespoons water**; season with **salt** and **pepper**.

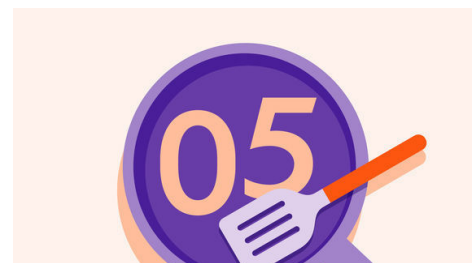
Place **panko** in a shallow baking dish; season with **salt** and **pepper**.

Dip each piece of **chicken** in **egg**, letting excess drip back into bowl. Dredge in panko, pressing to help adhere.



#### 4. Pan-fry chicken

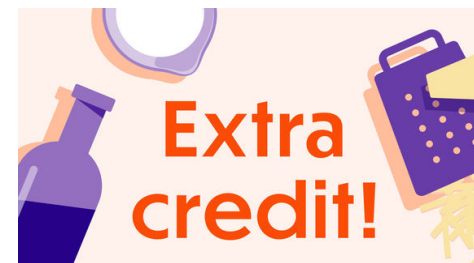
Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more.



#### 5. Broil broccoli & serve

Broil **broccoli** on top oven rack until crisp-tender and lightly charred in spots, 3–5 minutes (watch closely). In a small bowl, slightly thin **katsu sauce** with **1 tablespoon water** at a time, as needed. Fluff **rice** with a fork.

Serve **crispy chicken** with **rice** and **broccoli** alongside, and **katsu sauce** drizzled over top. Enjoy!



#### 6. How to: Pan-Fry!

Pssst! We have a couple quick tricks for the perfect crunch to your pan-fry. Make sure your oil is hot, hot, hot. If you drop a pinch of breading into the oil and it sizzles vigorously, then you're ready to go. When working in batches, always make sure your oil comes back up to temperature between batches.