

DINNERLY



Popcorn Chicken Katsu with Roasted Broccoli & Jasmine Rice



30min



2 Servings

Don't mind us, we're just popping these crispy little morsels of chicken right into our mouths. But before we do that, we have to smother them in katsu sauce, a rich, subtly sweet Japanese sauce that's paired with fried meat for a match made in heaven. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- ½ lb broccoli
- ½ lb pkg chicken breast strips
- 2 (1 oz) panko ¹
- 1 oz scallions
- 2 (1.8 oz) katsu sauce ^{1,6}

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil
- 1 large egg ³
- ¼ cup + 1 Tbsp all-purpose flour ¹

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 900kcal, Fat 28g, Carbs 124g, Protein 45g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil over high heat, then reduce heat to low. Cover and cook until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.

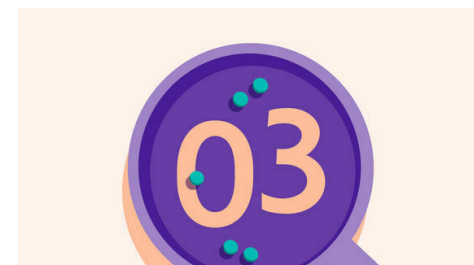


2. Cook broccoli & prep egg

While **rice** cooks, preheat broiler with a rack in the upper third.

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**. Broil on upper oven rack until charred in spots and tender, 7–10 minutes.

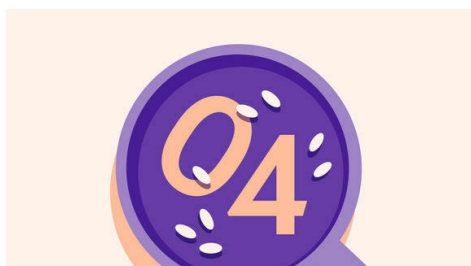
In a medium bowl, whisk to combine **1 large egg** with **1 tablespoon water**.



3. Bread chicken

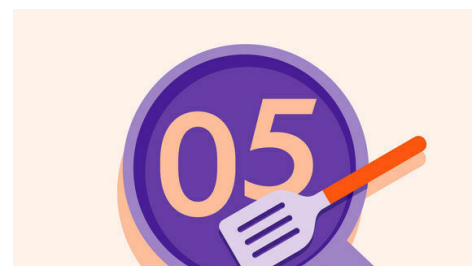
While **broccoli** broils, pat **chicken** very dry; cut into 2-inch pieces. Season all over with **salt** and **pepper**. Toss with **1 tablespoon flour** until evenly coated.

In a large resealable bag, combine **all the panko**, **¼ cup flour**, and **½ teaspoon salt**. Dip chicken in **egg**, letting excess drip back into bowl. Add to bag with flour mixture and shake to coat; transfer to a plate.



4. Fry chicken

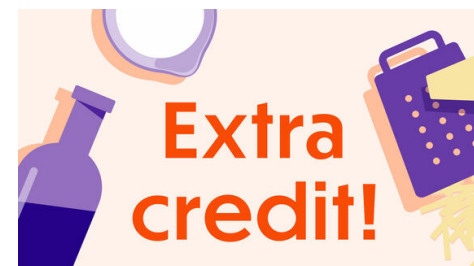
Heat **½-inch oil** in a medium skillet over medium-high until shimmering (see step 6 for frying tips!). Working in batches if necessary, add **chicken** in an even layer (careful, oil may splatter). Cook until golden-brown, about 2 minutes per side. Transfer to a paper towel-lined plate to drain.



5. Finish & serve

Trim ends from **scallions**, then thinly slice.

Serve **popcorn chicken** over **rice** with **scallions** sprinkled over top and **broccoli** alongside. Drizzle with **some of the katsu sauce** and serve remaining sauce on the side for dipping. Enjoy!



6. How to shallow-fry!

We have some quick tricks for the perfect crunch. Make sure your oil is hot: it should reach 350°F with an oil thermometer. If you drop a pinch of flour into the oil, it should sizzle vigorously. When working in batches, always make sure your oil comes back up to temperature in between (if it's browning too quickly, reduce the heat). If too low, the chicken will turn out oily instead of crispy.