



Crispy Chicken Cutlets & Sushi Rice

with Quick-Pickled Cucumbers



30-40min



2 Servings

Crispy, thin, pan-fried chicken cutlets are a nice deviation from the typical chicken prep, and just as easy to make! We serve them alongside a bed of sticky sushi rice and crunchy, zesty cucumber and celery pickles. Drizzle some of the pickling liquid over the rice and pork for a delicious, sweet-sour punch.

What we send

- 5 oz sushi rice
- 2 oz celery
- 1 cucumber
- 1 oz rice vinegar
- 12 oz pkg boneless, skinless chicken breasts
- 3 (¼ oz) Dijon mustard
- 2 oz panko ¹
- 2 scallions

What you need

- kosher salt & ground pepper
- sugar
- 1 large egg ³
- ¼ cup all-purpose flour ¹

Tools

- small saucepan
- meat mallet (or heavy skillet)
- large skillet

Allergens

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

Nutrition per serving

Calories 690kcal, Fat 7g, Carbs 107g, Protein 52g



1. Cook rice

Rinse **rice** in a fine-mesh sieve until water runs clear. Add to a small saucepan with **1¼ cups water** and **½ teaspoon salt**. Bring to a boil. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes. Cover to keep warm off heat.



4. Bread chicken

In a large bowl, whisk together **1 large egg** and **Dijon mustard**. Place **¼ cup flour** in a second bowl. Place **panko** in a third bowl. Season each bowl with **a pinch each of salt and pepper**.

Coat **chicken** in flour, then egg. Let excess egg drip back into bowl, then dip in panko, pressing to help breading adhere. Transfer to a plate.



2. Make pickles

Trim ends from **celery** and **cucumbers**, then thinly slice.

In a medium bowl, whisk together **rice vinegar**, **1 teaspoon sugar**, **¼ teaspoon salt**, and **a few grinds of pepper**. Add celery and cucumbers and toss to combine.



5. Pan-fry chicken

Heat **¼-inch oil** in a large skillet over medium-high until shimmering (add a pinch of flour and it should sizzle vigorously). Add **chicken** and fry until golden-brown and cooked through, flipping halfway through, 5-8 minutes. Transfer to a paper towel-lined plate and lightly sprinkle with **salt**.



3. Prep chicken

Trim any excess fat from **chicken**. Working one at a time, place 1 chicken breast between 2 layers of plastic wrap. Using a meat mallet or heavy skillet, pound to an even ¼-inch thickness.



6. Add scallions & serve

Trim ends from **scallions**, then thinly slice. Add half of the scallions to **rice** and stir to combine. Add remaining scallions to **cucumber-celery pickles**.

Serve **crispy chicken cutlets** with **rice**, **pickles**, and **pickling liquid** drizzled over top. Enjoy!