



Crispy Chicken Katsu & Rice

with Bok Choy & Japanese BBQ Sauce



20-30min



2 Servings

Katsu is Japan's answer to Austria's schnitzel. We take chicken breast, pound it thin, and coat it with crisp panko. It is served with sticky rice, baby bok choy, and a Japanese-inspired sweet and tangy barbecue sauce. Katsu means "victory," and this dinner is sure to make you feel like a champion in the kitchen.

What we send

- 5 oz sushi rice
- ½ lb baby bok choy
- garlic
- 5 scallions
- 2 oz panko ¹
- 12 oz pkg boneless, skinless chicken breasts
- 2 (1.8 oz) katsu sauce ^{1,6}

What you need

- kosher salt & ground pepper
- 1 large egg ³
- neutral oil

Tools

- small saucepan
- meat mallet (or heavy skillet)
- large 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 890kcal, Fat 21g, Carbs 103g, Protein 54g



1. Cook rice

In a small saucepan, combine **rice**, **1 cup water**, and **½ teaspoon salt**; bring to a boil. Cover and cook over low, until rice is tender and water is absorbed, about 15 minutes. Keep covered until ready to serve.



4. Cook bok choy

Heat **2 teaspoons oil** in a large skillet over medium-high. Add **scallion whites and light greens** and **garlic**. Cook, stirring, until fragrant, about 1 minute. Add **bok choy** and **a pinch each of salt and pepper**; cook, stirring often, until bok choy is bright green and crisp-tender, about 3 minutes.

Transfer to a plate and cover to keep warm. Wipe out skillet.



2. Prep ingredients

Quarter **bok choy** lengthwise. Finely chop **1 teaspoon garlic**.

Trim **scallions**, then thinly slice, keeping dark greens separate.

Beat **1 large egg** in a shallow bowl. Place **panko** in a shallow baking dish. Season each with **salt** and **pepper**.



5. Fry chicken

Heat **½ inch oil** in same skillet over medium-high until shimmering (oil should sizzle vigorously when a pinch of panko is added). Add **chicken** and cook until golden brown and cooked through, 2-3 minutes per side.

Transfer to a paper towel-lined plate and season with **salt**.



3. Bread chicken

Using a sharp knife, cut each piece of **chicken** horizontally (parallel to the cutting board) almost completely in half. Open up like a book. Using a meat mallet or heavy skillet, pound into very thin cutlets, about ⅛ -inch thick; season with **salt** and **pepper**.

Dip each chicken cutlet in **egg**, letting excess egg drip back into the bowl, then in **panko**, pressing to adhere.



6. Serve

Serve **chicken** alongside **rice** and **bok choy**, with **katsu sauce** on the side for dipping or drizzling over top. Garnish with **scallion dark greens**. Enjoy!