

# MARLEY SPOON



## Crispy Chicken Katsu & Garlic Bok Choy

with Sushi Rice



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. We serve it with sticky rice, baby bok choy, and sweet and tangy katsu 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
- 1 bunch scallions
- 2 oz panko <sup>3</sup>
- 12 oz pkg boneless, skinless chicken breasts
- 2 (1.8 oz) katsu sauce <sup>2,3</sup>

## What you need

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

## Tools

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

## Allergens

Egg (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 930kcal, Fat 25g, Carbs 104g, Protein 54g



### 1. Cook rice

In a fine mesh sieve, rinse **rice** until water runs clear. In a small saucepan, combine **rice**, **1 ¼ 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. Keep covered off heat 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 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; rinse well under cold water to remove any grit. 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 both with **salt** and **pepper**.



### 5. Fry chicken

Heat **½-inch oil** in same skillet over medium-high until shimmering (oil should sizzle vigorously by adding a pinch of panko). 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 **chicken breast** 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 chicken in **egg**, letting excess drip back into the bowl. Add **chicken** to **panko**, pressing to help breading adhere.



### 6. Serve

Serve **chicken** with **rice**, **bok choy**, and **katsu sauce** alongside or drizzled over top. Garnish with **scallion dark greens**. Enjoy!