



## Chicken Karaage with Shichimi Togarashi

Quick & Easy Protein!



20-30min



2 Servings

Don't settle for any old fried chicken—we're serving up chicken karaage, a Japanese favorite. We marinate chicken thighs in ginger, tamari, and mirin for juicy flavor before lightly breading in flour and cornstarch. Quickly shallow fry in a skillet, then pair with mayonnaise, lemon wedges, and spicy shichimi togarashi. Serve this main dish with rice, a crisp salad, steamed veggies, or whatever you can think of!

### What we send

- 10 oz pkg cubed chicken thighs
- 1 oz fresh ginger
- ½ oz tamari soy sauce <sup>2</sup>
- 1 oz mirin
- 1½ oz cornstarch
- ¼ oz shichimi togarashi <sup>3</sup>
- 1 lemon
- 2 oz mayonnaise <sup>4,2</sup>

### What you need

- ¼ cup all-purpose flour <sup>1</sup>
- kosher salt & ground pepper
- neutral oil

### Tools

- microplane or grater
- medium heavy skillet (preferably cast-iron)

### Allergens

Wheat (1), Soy (2), Sesame (3), Egg (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 760kcal, Fat 56g, Carbs 33g, Protein 32g



STEP

1

#### 1. Marinate chicken

Pat **chicken** dry. Into a medium bowl, finely grate **1 teaspoon ginger** (no need to peel). Add **chicken, tamari**, and **1 tablespoon mirin**; mix until evenly combined. Proceed with recipe or let marinate for 30 minutes (or overnight), if desired.

In a second medium bowl, whisk together **cornstarch** and **¼ cup flour**. Transfer to a large resealable plastic bag.



STEP

2

#### 2. Bread & fry chicken

Lift **chicken** from marinade and transfer to bag with **flour-cornstarch mixture**. Seal and shake well to coat. Transfer chicken to a plate.

In a medium heavy skillet, heat **1-inch oil** over medium-high until shimmering (oil should register 350°F; a pinch of flour should sizzle vigorously). Carefully add chicken in a single layer. Cook until golden brown, 2-3 minutes per side.



STEP

3

#### 3. Finish & serve

Transfer **chicken** to a paper towel-lined plate; lightly blot excess oil. Season to taste with **salt, pepper**, and **shichimi togarashi**, if desired. Cut **lemon** into wedges.

Serve **karaage** with **mayonnaise** and **lemon wedges** alongside. Enjoy!



STEP

4

#### 4. Optional: Double Fry!

Want even crispier chicken? After transferring the fried chicken to a paper-towel-lined plate in step 3, let rest for 5 minutes. Return chicken to hot oil (375°F) and fry until crisp, about 1 minute.



STEP

5

#### 5. Optional: Air fry!

Preheat air fryer to 400°F; spray basket with nonstick cooking spray. After breading the chicken in step 2, transfer to a plate and generously spray all over with nonstick cooking spray. Arrange in a single layer in prepared basket and cook until browned and crisp, 8-10 minutes.



#### 6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.