



## Your Dinner: Chicken Katsu

and For Lunch: Chicken Tempura Rolls



20-30min



2 Servings

When dinner makes lunch, it's a win-win situation. We take the ingredients and transform them, not once, but twice: first as a delicious dinner, then into a tasty lunch for two. Crispy pan-fried chicken katsu is served with fluffy jasmine rice and pickled cucumbers. The leftover chicken then becomes delicious lunchtime sushi rolls wrapped in nori, a crisp dried Japanese seaweed, paired with sugar snap peas and carrot sticks.



## What we send

- 7 oz jasmine rice
- 7 oz cucumber
- ½ oz toasted sesame oil <sup>11</sup>
- 4 oz snap peas
- 1 carrot
- 2 (½ lb) pkgs boneless, skinless chicken breasts
- 2 oz panko <sup>1,6</sup>
- toasted sesame seeds <sup>11</sup>
- roasted nori

## What you need

- kosher salt & pepper
- red wine vinegar (or apple cider vinegar) <sup>17</sup>
- 1 tsp sugar
- 1 large egg <sup>3</sup>
- neutral oil, such as canola

## Tools

- fine-mesh sieve
- small saucepan
- large skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

### Allergens

Wheat (1), Egg (3), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 540kcal, Fat 21g, Carbs 52g, Proteins 33g



### 1. Cook rice

Rinse **rice** in a fine-mesh sieve under running water until water runs clear. Drain and transfer to a small saucepan. Add **1 ¾ cups water** and **¾ teaspoon salt**; bring to a boil. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes.



### 4. Fry chicken

Heat **¼ inch oil** in a large skillet over medium-high. Working in batches if necessary, add **chicken** in a single layer, and cook, turning once, until golden and crispy, 2-4 minutes per side (reduce heat if browning too quickly). Transfer to a paper towel-lined plate.



### 2. Pickle cucumbers

Halve **cucumber** lengthwise (peel if desired); thinly slice crosswise into half-moons. In a medium bowl, stir to combine **¼ cup vinegar** and **1 teaspoon sugar**; reserve 3 tablespoons in a small bowl. Add cucumbers and **1 teaspoon sesame oil** to the medium bowl and toss. Trim **snap peas**. Trim **carrot**, then halve crosswise and cut lengthwise into thin sticks.



### 5. Finish & serve

Fluff **rice** with a fork, and stir in **reserved vinegar**. Reserve half of the rice and **chicken**, and **all of the snap peas and carrots** for step 6. Place **remaining chicken** and **rice** onto plates. Drizzle **1 teaspoon of the sesame oil** on top and sprinkle **1 teaspoon sesame seeds** over. Serve alongside **pickled cucumbers**. Enjoy!



### 3. Coat chicken




Pat **chicken** dry. In a medium bowl, beat **1 large egg** with **2 tablespoons water** and **½ teaspoon salt**. Add **panko** to a shallow bowl, and season with **salt** and **pepper**. Dip chicken into egg, letting excess drip, then press into panko, turning to coat.



### 6. Make lunch

Cut **chicken** into thin strips. Arrange **nori** on a cutting board with each shorter edge facing you. Spoon **2 teaspoons rice** onto bottom half of each piece, then top with a strip or 2 of chicken. Starting with edge facing you, roll nori like a cigar. Cut each piece in half, if desired. Serve remaining **chicken** and **rice** alongside **carrots** and **snap peas**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at [marleyspoon.com](https://marleyspoon.com)    **#marthaandmarleyspoon**