



# CHICKEN KATSU

*Noodle salad with cabbage, carrots, pineapple & pickled ginger*

**COOK TIME**  
35 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
590

A savory dish inspired by Japanese cuisine. *Katsu* — a popular fried chicken dish — is prepared here with chicken breasts coated in tonkatsu sauce and breaded with panko. Pan-seared and roasted, the crispy chicken is served over a colorful noodle salad strewn with cabbage, rainbow carrots, pineapple, and pickled ginger. Black and white sesame seeds garnish the dish.

## INGREDIENTS (8 ITEMS)

- 2 (6 oz) **Chicken breasts**
- ¼ cup **Tonkatsu sauce** S
- ½ cup **Panko** W
- 4 oz **Pad thai rice noodles\***
- 2 oz & 1 ½ oz **Green cabbage\* & rainbow carrots\***
- 2 oz **Pineapple**
- 1 oz **Pickled ginger**
- 1 tsp **Black & white sesame seeds**

## WHAT YOU'LL NEED

- large pot with lid
- large oven-safe sauté pan
- large bowl
- measuring spoons
- strainer
- whisk
- thermometer
- oven mitt

## ALLERGENS

- S SOY
- W WHEAT



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce is organic unless otherwise labeled.

\*You may receive different color varieties of these ingredients.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry can be harmful to your health. Go to [help.greenchef.com](http://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at [help@greenchef.com](mailto:help@greenchef.com)

## 1 COOK NOODLES

- Preheat oven to 425 degrees.
- Bring a large pot of lightly salted water to a boil. Break **pad thai rice noodles** in half. Add **noodles** and about 1 teaspoon cooking oil to boiling water. Stir. Remove from heat. Cover pot with lid. Soak 5-7 minutes, or until noodles are tender.
- Strain **noodles**. Rinse with cold water. Shake off excess water. Return **noodles** to pot. Drizzle with about 1 teaspoon cooking oil. Stir to coat.

See Step 6 to finish.

COOKING FOR  
**4**

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 PREP VEGGIES & FRUIT

- Roughly chop **green cabbage and rainbow carrots**.
- Roughly chop **pineapple** (reserve any juice in pouch).
- Roughly chop **pickled ginger**.

## 3 PREP CHICKEN

- Cut **chicken breasts** horizontally, making a total of four thin cutlets.

## 4 BREAD CHICKEN

- Place about 2 tablespoons of the **tonkatsu sauce** in a large bowl. Add about 1 tablespoon water. Lightly season with salt and pepper. Whisk to combine. Add **chicken** to bowl. Turn to evenly coat.
- Spread **panko** out in an even layer on a plate.
- Remove one piece of **chicken** from bowl with sauce; let excess sauce drip off. Press both sides of **chicken** into **panko** to evenly coat.\*
- Transfer **chicken** to a second plate. Repeat process with remaining chicken. Discard any excess sauce or panko used for chicken.

*\*Chef's Tip: One way to effectively bread the chicken is to use a "dry hand" for the panko and a "wet hand" for the sauce.*

## 5 COOK CHICKEN

- Heat about 1 ½ tablespoons cooking oil in a large oven-safe sauté pan over medium-high heat. Add **chicken** to hot pan. Sear 2-3 minutes on each side, or until lightly browned.
- Transfer pan to oven. Roast 6-8 minutes, or until chicken is fully cooked.\* (Chicken is fully cooked when internal temperature reaches 165 degrees.)

*\*Careful! The pan handle will remain hot after the pan is removed from the oven. Slide silicone pan handle cover (or a pot holder) over the handle to protect your hands.*

## 6 FINISH NOODLES

- Add **cabbage and carrots, pineapple** (with any reserved juice), and **pickled ginger** to pot with noodles. Salt and pepper to taste. Stir to combine.

## 7 PLATE YOUR DISH

- Divide **noodle salad** between plates. Top with **chicken katsu**. Drizzle with remaining **tonkatsu sauce**. Garnish dish with **black and white sesame seeds**.
- Enjoy!

