



### In your box

- 1 fl. oz. Honey
- 6 oz. Cremini Mushrooms
- .609 fl. oz. Tamari Soy Sauce
- ½ cup Panko Breadcrumbs
- ¾ cup Jasmine Rice
- 2 Green Onions
- 1 tsp. Minced Ginger
- 2 Garlic Cloves
- ½ oz. Crispy Fried Onions

### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 14 oz. Pork Tenderloin
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 14 oz. Duroc Boneless Pork Chops
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

\*Contains: wheat, soy

### You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, Small Pot,  
Mixing Bowl, Large Non-Stick Pan

### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Culinary Collection



## Honey-Ginger Chicken Katsu

with jasmine rice and mushrooms

NUTRITION per serving—Calories: 894, Carbohydrates: 100g, Sugar: 15g, Fiber: 3g, Protein: 48g, Sodium: 1642mg, Fat: 33g, Saturated Fat: 5g  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

**30-40 min.**

Cook Within

**5 days**

Difficulty Level

**Expert**

Spice Level

**Not Spicy**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **425 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **green onions**



### 1. Cook the Rice

- Mince **garlic**.
- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Bring a small pot with **rice**, **garlic**, **soy sauce**, a pinch of **salt**, and 1 ½ cups **water** to a boil. Reduce to a simmer, cover, and cook until rice is tender, 18-20 minutes.
- Remove from burner. Stir in white portions of green onions. Cover and set aside.
- While rice cooks, prepare chicken.



### 2. Prepare the Chicken

- Pat **chicken breasts** dry. Cover chicken with plastic wrap and use a heavy object to pound to an even ¼" thickness. Remove plastic wrap. Season both sides with a pinch of **salt** and **pepper**.
- Place **panko** on a plate or in a bowl. Place chicken on panko and flip until coated, pressing gently to adhere.

## Customize It Instructions

- If using **pork tenderloin**, pat dry, and, on a separate cutting board, slice into medallions, ¾"-thick. Follow same instructions as chicken in Steps 2 and 4, increasing heat to medium-high and cooking until pork reaches minimum internal temperature, 2-3 minutes per side.
- If using **pork chops**, follow same instructions as chicken in Steps 2 and 4, increasing heat to medium-high and cooking until pork reaches minimum internal temperature, 2-3 minutes per side.



### 3. Roast the Mushrooms

- Quarter **mushrooms**.
- Place mushrooms on prepared baking sheet. Toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer and roast in hot oven until tender, 10-12 minutes.
- While mushrooms roast, cook chicken.



### 4. Cook the Chicken

- Line a plate with a paper towel.
- Place a large non-stick pan over medium heat and add 3 Tbsp. **olive oil**.
- Carefully, add **chicken** to hot oil and cook until golden brown and chicken reaches a minimum internal temperature of 165 degrees, 3-4 minutes per side.
- Transfer chicken to towel-lined plate.



### 5. Make Sauce and Finish Dish

- Combine **honey** and **ginger** in a mixing bowl until ginger is dissolved.
- Plate dish as pictured on front of card, garnishing **rice** with **crispy onions** and topping **chicken** with honey-ginger sauce and **green portions of green onions**. Bon appétit!