

# Crispy Sesame Chicken Cutlet

WITH STIR-FRY NOODLES

Express



### Prep & Cook Time

20-30 MIN

### Cook Within

4 DAYS

### You Will Need

Olive Oil, Salt, Pepper  
2 Large Non-Stick Pans

### Difficulty Level

EASY

### Spice Level

MEDIUM

### Ingredients

- 4 oz. Broccoli Florets
- 3 oz. Shredded Red Cabbage
- 2 Green Onions
- 4 tsp. Multicolor Sesame Seeds
- 1 tsp. Asian Garlic, Ginger & Chile Seasoning
- 1/2 cup Panko Breadcrumbs
- 20 oz. Par Cooked Asian Noodles
- 4 fl. oz. Sweet & Thick Soy Sauce (GF)

### Customize It Options

- 20 oz. Boneless Skinless Chicken Breast Cutlet
- 20 oz. Beef Top Round Steaks

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### Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef	Ground Pork	Impossible Burger	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at [www.homechef.com/31736](http://www.homechef.com/31736)

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

Processed in a facility that also processes peanut, tree nut, sesame, wheat, egg, soy, milk, fish, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

## Before You Cook

All cook times are approximate based on testing.

- Wash hands thoroughly with soap and warm water before cooking and after handling raw meat or seafood
- Remove all produce from any packaging or constraints, then thoroughly rinse and pat dry
- Ingredient(s) used more than once: **green onions**

## Customize It Instructions

- If using **top round steak**, pat dry. Cook until steak reaches desired doneness, or 3-5 minutes per side for medium/medium-well. Rest, 3 minutes. *Steak thickness can vary; if you receive a thinner steak, we recommend checking for doneness sooner.*



### 1. Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Pat **chicken** dry and season both sides with **Asian garlic, ginger, and chile seasoning** (use less if spice-averse) and a pinch of **salt and pepper**.
- Combine **panko** and **sesame seeds** on a plate. Place chicken in panko-sesame mixture, pressing gently to adhere to one side.



### 2. Cook the Chicken

- Place a large non-stick pan over medium heat and add 1 Tbsp. **olive oil**.
- Add **chicken** to hot pan, panko-side down first. Working in batches, if necessary, cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 3-5 minutes per side.
- *Cutlet thickness can vary; if you receive a thinner cutlet, we recommend checking for doneness sooner.*
- Remove from burner.
- While chicken cooks, continue recipe.



### 3. Cook the Broccoli

- Place another large non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **white portions of green onions** and **broccoli** to hot pan.
- Stir occasionally until green onions soften, 1-2 minutes.
- Add ¼ cup **water**. Cover, and cook until water is almost completely evaporated, 4-6 minutes.



### 4. Add Noodles and Finish Dish

- Uncover and add **noodles, cabbage**, and ¼ tsp. **salt** to hot pan with **broccoli**. Stir occasionally until noodles are heated through and vegetables are tender, 3-5 minutes.
- Add **soy sauce** and stir until coated, 1-2 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping noodles with **green portions of green onions**. Bon appétit!