



#### IN YOUR BOX

- 12 oz. Chinese Broccoli
- 1 cup Crispy Rice Cereal
- 2 Garlic Cloves
- 2 Boneless Skinless Chicken Breasts
- 2 fl. oz. Liquid Egg
- ¼ tsp. Red Pepper Flakes
- 1 tsp. Multicolor Sesame Seeds
- 2 fl. oz. Tonkatsu Sauce

**CONTAINS:** eggs, wheat, soy  
*Packaged in a facility that also packages peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients*

**NUTRITION** per serving 32g carbohydrates 25g fat 43g protein 1298mg sodium | calorie-conscious, carb-conscious



Calories  
**550**



Prep & Cook Time  
**30-40 min.**



Cook Within  
**5 days**



Difficulty  
**Intermediate**



Spice Level  
**Mild**

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Mixing Bowl
- Medium Non-Stick Pan

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## Crispy Rice Chicken Katsu

with roasted Chinese broccoli

## BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Preheat oven to **450 degrees**
- ❑ Thoroughly rinse produce and pat dry
- ❑ Prepare a baking sheet with foil and cooking spray

## WHILE YOU COOK

- ❑ **Spice Alert!** A little goes a long way when it comes to **red pepper flakes**. Add a pinch at first, taste, and add more if desired.
- ❑ **Heads Up!** **Chinese broccoli** is used twice. **Stems** are roasted, and **leaves** are sautéed.

## FROM THE CHEF

Drizzling olive oil on the chicken before covering with plastic wrap reduces friction when pounding, making the chicken less likely to tear.

### Did you know...

Chinese broccoli is also known as gai lan and is often sold with tiny flower buds still attached. The flower buds should be closed; if they're open, it means an older broccoli that's more chewy and bitter.



## Prepare the Ingredients

Trim  $\frac{1}{4}$ " off ends of **Chinese broccoli** and halve stalks, separating stems from leafy tops. Cut stems into 2" pieces. Coarsely chop tops. Coarsely crush **crispy rice cereal** in bag. Thinly slice **garlic**. On a separate cutting board, drizzle **chicken** with  $\frac{1}{2}$  tsp. **olive oil**, cover with plastic wrap, and, with an heavy object, pound into an even  $\frac{1}{3}$ " thickness. Season chicken on both sides with a pinch of **salt** and **pepper**.



## Cook the Chicken

Place a medium non-stick pan over medium-high heat. Add 1 Tbsp. **olive oil** and **chicken** to hot pan. Sear until golden brown, 3-4 minutes per side. Transfer to other half of prepared baking sheet. Roast until **vegetables** slightly caramelize and chicken reaches a minimum internal temperature of 165 degrees, 6-8 minutes. Wipe pan clean and reserve. While chicken roasts, cook Chinese broccoli leaves.



## Roast the Broccoli Stems

Toss **Chinese broccoli stems**, 1 tsp. **olive oil**, and a pinch of **salt** and **pepper** on one half of prepared baking sheet. Roast 10 minutes. *Chinese broccoli stems will finish cooking in a later step.* While Chinese broccoli stems roast, bread chicken.



## Cook the Chinese Broccoli Leaves

Return pan used to sear chicken to medium-high heat with 2 tsp. **olive oil**. Add **garlic**, **red pepper flakes** (to taste), and **sesame seeds** to hot pan. Cook until aromatic, 30-60 seconds. Add **Chinese broccoli leaves** and stir occasionally until wilted, 2-3 minutes. Season with a pinch of **salt** and **pepper**.



## Bread the Chicken

Place crushed **crispy rice cereal** on a plate and **liquid egg** in a mixing bowl. Dip **chicken** in liquid egg, then into crispy rice cereal, pressing to adhere. Repeat with second chicken breast.



## Finish the Dish

Add **Chinese broccoli stems** to pan with **leaves** and combine thoroughly. Place **vegetables** on a plate and place **chicken** alongside. Drizzle chicken with **tonkatsu sauce**.