



#### In your box

- 2 Tbsp. Panko Breadcrumbs
- 1 tsp. Chopped Ginger
- 8 oz. Carrot
- 3 oz. Edamame
- 2 fl. oz. Katsu Sauce
- 4 oz. Slaw Mix
- 1.26 oz. Mayonnaise
- .203 fl. oz. Tamari Soy Sauce

#### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Wild-Caught Alaskan Sockeye Salmon Fillets
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

\*Contains: eggs, wheat, soy

#### You will need

Olive Oil, Salt, Pepper  
Large Non-Stick Pan, Medium Non-Stick Pan, 2 Mixing Bowls



## Ginger-Crusted Chicken with Tonkatsu Sauce

with edamame slaw and carrots

NUTRITION per serving—Calories: 594, Carbohydrates: 33g, Fat: 30g, Protein: 45g, Sodium: 1745mg.

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

25-35 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **mayonnaise**

### Customize It Instructions

- If using **wild-caught salmon fillets**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions for coating and cooking as chicken in Step 2, placing salmon in hot pan, ginger-panko side down, and cooking until salmon reaches minimum internal temperature, 3-5 minutes per side.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

### Prepare the Ingredients

- Peel, trim, and cut **carrot** into ¼" slices on an angle.
- Combine **ginger** and **panko** in a mixing bowl.
- Pat **chicken breasts** dry. Spread ⅓ the **mayonnaise** (reserve remaining for slaw) thinly and evenly on one side. Top with ginger-panko mixture, pressing gently to adhere.



2

### Cook the Chicken

- Place a medium non-stick pan over medium heat and add 1 Tbsp. **olive oil**. Add **chicken breasts** to hot pan, ginger-panko side down, and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove from burner. Transfer chicken to a plate and tent with foil.
- While chicken cooks, cook vegetables.



3

### Cook the Vegetables

- Place a large non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and **edamame** to hot pan. Stir often until lightly browned, 2-3 minutes.
- Transfer edamame to another mixing bowl. Keep pan over medium-high heat.
- Add 1 tsp. olive oil, **carrot**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Cover, and stir occasionally until carrot is tender, 5-7 minutes.
- *If carrot browns too quickly, add 2 Tbsp. water to pan and keep cooking until tender.*
- Remove from burner.



4

### Make the Slaw

- Add **slaw mix**, remaining **mayonnaise**, and **soy sauce** to bowl with **edamame**. Stir to combine.



5

### Finish the Dish

- Plate dish as pictured on front of card, placing **chicken** on **tonkatsu sauce**. Bon appétit!