

Chicken Katsu Sandwich

Japanese fried chicken breast filet served up in a toasted challah bread sandwich. With the sweet-salty-tart of Japanese barbecue sauce and a cabbage-and-carrot miso salad, it's a fusion recipe we adore.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Mixing Bowl
- Meat Tenderizer or Small Pot

FROM YOUR PANTRY

- Flour (1/4 cup)
- Eggs (1)
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Veggies
- Sesame-Miso Dressing
- Katsu Sauce
- Chicken Breast
- Challah Bread

Make The Meal Your Own

If you're cooking the **carb conscious version**, we sent you romaine lettuce instead of the bread to create a lettuce wrap, reducing the **carbs per serving to 33g**.

Our cage-free chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Good To Know

Be sure to generously season your chicken with salt and pepper before cooking. We recommend using 1/4 tsp of each.

Health snapshot per serving – 550 Calories, 14g Fat, 65g Protein, 43g Carbs, 13 Freestyle Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Chicken Breast, Challah Bread, Cabbage, Arugula, Carrot, Ketchup, Tamari, Worcestershire Sauce, Mayonnaise, Rice Wine, Vinegar, Ginger, Garlic, Miso, Mirin, Brown Sugar, Sesame Seeds, Sesame Oil.

meez meals

1. Dress the Veggies

Combine the **Veggies** and the **Sesame-Miso Dressing** (the thin orange sauce with sesame seeds) in a large mixing bowl. Transfer half of the dressed veggies directly to serving plates. Add 1 Tbsp of the **Katsu Sauce** (the thicker reddish sauce) to the remaining veggies and mix well. Set aside until step 5.

2. Prep the Chicken

Wrap each **Chicken Breast** loosely in plastic wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer (mallet) or bottom of a small pot. Flip the chicken over and continue to pound until it is about ¼" thick and has doubled in size. Generously season with salt and pepper. (We use ¼ tsp salt and ¼ tsp pepper, so use about half per side, use more if you like).

Spread about ¼ cup of flour evenly on a large plate and beat 1 egg in a small bowl. Dip one chicken breast into the egg and coat both sides. Let any excess egg drip off and press the coated chicken into the flour to fully coat both sides. Shake off any excess flour and repeat for each piece of chicken.

3. Cook the Chicken

Heat 1½ Tbsp olive oil in a large skillet over medium-high heat. When the oil is very hot, add the chicken to the pan and cook, without moving, until the sides brown, about two minutes. Flip and continue cooking until other side is brown as well, about two more minutes. Set aside to rest for at least 5 minutes. Wipe out the pan.

4. Toast the Bread and Coat the Chicken

While the chicken is resting, return the now-empty skillet to the stove over medium heat. When the pan is hot, add the **Challah Bread** and toast until the bottom starts to brown, about 30 seconds, and flip to toast the other side until it is brown too. Spread a little bit of Katsu Sauce on one side of each piece of toasted bread. Heat the remaining Katsu Sauce in the skillet until just warm, then remove from the heat and use tongs to dip the cooked chicken breasts into the sauce coating both sides. Remove from the heat.

5. Put It All Together

Divide the veggies from the mixing bowl between two of the pieces of toast and top with the coated chicken. Place the remaining toast on top of the chicken breast, sauce-side down. Serve alongside the Sesame-Miso Salad and enjoy!

Instructions for two servings.

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