

Chicken Katsu Bento Bowl

with Jasmine Rice
& Sautéed Sugar Snap Peas

Variety is the spice of life, and this dinner gives you plenty! Pan-fry panko-crusted chicken breasts to crispy perfection and serve them with a delicious katsu dipping sauce. On the side, enjoy sesame cabbage slaw, jasmine rice, and snap peas seasoned with savory furikake.

Ingredients

- Skinless chicken breasts
- Whipped eggs **E**
- Flour **W**
- Toasted panko **W**
- Shredded cabbage & carrots
- Sesame dressing **S W**
- Sugar snap peas
- Sesame oil
- Furikake seasoning **S**
- Jasmine rice
- Katsu sauce **S W**

Allergens

E Eggs **S** Soy **W** Wheat

Supplies to Gather

- Nonstick saute pan (12 inches)
- Kitchen knife & cutting board
- Baking sheet
- Aluminum foil
- Three containers for breading (bowls or small baking sheets)
- Mixing bowl
- Microwave-safe bowl
- Kitchen tongs
- Oven mitt
- Cooking spoon
- Paper towels
- Salt & pepper
- Cooking oil

Did You Know?

The wood-lacquered boxes we think of as bento boxes have been used in Japan since the late 1500s, where they were used for picnics or tea parties. Eventually the bento box, served as a prepared and portable meal, would be sold at train stations throughout Japan beginning in the late 1800s.



800

Calories
Per Serving



Customer
Favorite



Not Spicy

Let's Get Started!

Preheat the oven to **425°F** using the convection setting, or to **450°F** for conventional ovens.

Line a baking sheet with aluminum foil and lightly grease.



Step 1

- In a mixing bowl, toss the **shredded cabbage** and **carrots** with the **sesame dressing**. Season to taste with salt and pepper.
- Trim the **sugar snap peas** as needed.



Step 2

- ** Place the **chicken breasts** onto paper towels and pat dry. Season both sides with salt and pepper.
- Place the **flour**, **toasted panko**, and **whipped eggs** separately into three bowls or other containers (see **Chef's Tip**).
- Place the chicken breasts first into the container with flour and turn to coat.
- Shake off any excess flour, then dip the chicken breasts into the container with whipped eggs.
- Finally, place the chicken breasts into the container with the panko. Gently press both sides of the chicken to help the breading adhere.



Step 3

- Place a large nonstick sauté pan onto the stovetop, add ¼ cup of cooking oil, and set the heat to **medium**. When the oil is hot, **carefully** place the breaded **chicken breasts** into the pan. Cook the chicken for 3 min on each side, to form a golden-brown coating. **Turn off the heat**.
- Place the chicken breasts onto the lined baking sheet. Place the baking sheet into the oven and cook for 5-7 min, or until the chicken is thoroughly cooked.
- **Use an oven mitt to carefully remove the baking sheet from the oven.** Lightly season the chicken breasts with salt while still hot, then transfer to a cutting board to rest for 3 min before slicing.

** Personalized Proteins!

Follow all other listed cooking directions, but use the alternate steps below to prepare your selected protein.

Organic Chicken Breasts – 800 cal
Follow the recipe as written.

Note: Calories listed are the total calories (per serving) including the alternate protein.

Chef's Tip!

Instead of prep bowls or plates, try using small rimmed baking sheets for breading the **chicken breasts**. This will allow more space for breading the chicken, and the raised edges will keep the mess down to a minimum. If you don't have smaller sized baking sheets, tupperware containers can also be useful.

► **Please Note:** Cooking times may vary due to different appliances and temperatures. **Adjust cooking times accordingly.**

When adding ingredients to a hot pan **always be careful of any oil splatter.**



Step 4

- Return the pan to the stovetop, add ½ tbsp. of cooking oil, and set the heat to **medium-high**. Add the **sugar snap peas** and cook for 3-4 min, or until softened. Season with salt and pepper, then **turn off the heat**. Add the **sesame oil** and **furikake seasoning** and stir briefly to combine.
- Meanwhile, place the **jasmine rice** into a microwave-safe bowl, cover with a damp paper towel, and microwave for 90 sec. Stir, then microwave for 60 additional sec.



Let's Plate!

Spoon the rice, furikake snap peas, and cabbage slaw onto serving plates. Place the sliced chicken katsu alongside the rice and serve with the **katsu sauce** for dipping.