



# Double Chicken Katsu Burger and Katsu Curry Mayo

with Sesame Wedges and Rice Vinegar Pickled Salad

N° 18

**STREET FOOD** 45 Minutes • 2.5 of your 5 a day



Radish



Carrot



Cucumber



Burger Bun



Baby Gem Lettuce



Potato



Garlic Clove



Curry Powder



Ginger Puree



Mayonnaise



Honey



Soy Sauce



Sesame Seeds



Rice Vinegar



Panko Breadcrumbs



Cornflour



Ground Ginger



Chicken Thigh

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools, you will need:

Peeler, Fine Grater (or Garlic Press), Saucepan, Measuring Jug, Baking Tray and Frying Pan.

### Ingredients

	2P	3P	4P
Radish**	1 small bag	1 large bag	2 small bags
Carrot**	1	1	2
Cucumber**	½	1	1
Burger Bun 8)			
11) 13)	2	3	4
Baby Gem Lettuce**	1	1	1
Potato**	1 small pack	1 large pack	2 small packs
Garlic Clove**	2 cloves	3 cloves	4 cloves
Curry Powder 9)	1 small pot	1 large pot	1 large pot
Ginger Puree	1 sachet	1 sachet	2 sachets
Water for the Curry Sauce*	50ml	75ml	100ml
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Honey	1 sachet	2 sachets	2 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Sesame Seeds 3)	1 small pot	1 large pot	1 large pot
Rice Vinegar	2 sachets	3 sachets	4 sachets
Sugar for the Dressing*	½ tsp	¾ tsp	1 tso
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Panko Breadcrumbs 13)	50g	75g	100g
Cornflour	50g	70g	100g
Water for the Cornflour*	50ml	70ml	100ml
Ground Ginger	1 tsp	1½ tsp	2 tsp
Chicken Thigh	4	6	8

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	863g	100g
Energy (kJ/kcal)	5333 /1275	615 /147
Fat (g)	56	7
Sat. Fat (g)	11	1
Carbohydrate (g)	140	16
Sugars (g)	19	2
Protein (g)	55	6
Salt (g)	3.75	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

3) Sesame 8) Egg 9) Mustard 11) Soya 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

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## 1. Get Prepped

Preheat your oven to 200°C. Trim the **radishes** and thinly slice. Trim the **carrot**. Use a vegetable peeler to peel long ribbons from all sides of the length of the **carrot**. Stop when you get to the centre, discard the centre. Trim the **cucumber**. Use a vegetable peeler to peel long ribbons from all sides of the length of the **cucumber**. Stop when you get to the seedy centre and discard. Pop the **radishes**, **carrot** and **cucumber** in a large bowl and set aside for later. Halve the **burger buns**, trim the root from the **baby gem lettuce** then separate the leaves.



## 4. Prep the Chicken

Put the **rice wine vinegar** and remaining **easy ginger** in a small bowl. Add the **sugar** and **olive oil** (see ingredients for both amounts). Season with **salt** and **pepper** and mix with a fork. Set aside - dressing made! Pop the **panko breadcrumbs** in a large bowl and season with **salt** and **pepper**. Mix together. Pop the **cornflour** in another large bowl and add the **water** (see ingredients for amount). Add the **ground ginger** and remaining **soy sauce**. Season with **salt** and **pepper** and whisk with a fork until well combined.



## 2. Make the Katsu Mayo

Chop the **potatoes** into 2cm wide wedges (no need to peel!). Peel and grate the **garlic** (or use a garlic press). Heat a drizzle of **oil** in a small saucepan on medium heat. Once hot, add the **curry powder**, **garlic** and **half** the **easy ginger**. Stir and cook until fragrant, 1-2 mins. Pour in the **water** (see ingredients for amount) and bring to the boil. Simmer until reduced by half, 2-3 mins, then remove from the heat and add the **mayo**, **honey** and **half** the **soy sauce**. Stir together vigorously until combined, then set aside.



## 5. Fry the Chicken

Heat approx 2cm of **oil** in a frying pan on high heat. **TIP: You want the oil to be nice and hot so the chicken fries properly - heat for 2-3 mins before you add it.** While the **oil** gets hot, dip one piece of **chicken** in the **cornflour mixture** so it's completely covered on both sides. Then dip it in the **breadcrumbs** to coat on both sides. Pop on a plate and repeat with the res. Once the **oil** is hot, carefully lay the **chicken** in the pan and fry until golden brown on each side and cooked through, 14-16 mins total, turn with tongs every 3-4 mins. **TIP: Be careful not to burn yourself on the hot oil. IMPORTANT: Wash your hands after handling raw meat.**



## 3. Roast the Wedges

Meanwhile, pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Sprinkle over the **sesame seeds**, toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP: Use two baking trays if necessary, you want the wedges nicely spread out.**



## 6. Finish and Serve

Once cooked, remove the **chicken** to a plate covered in kitchen roll. **IMPORTANT: The chicken is cooked when no longer pink in the middle.** Pop the **burger buns** in the oven to warm through for 2-3 mins. Add the **dressing** to the **radish**, **carrot** and **cucumber** and toss to coat. Spread a spoonful of the **katsu mayo** on the top and bottom of the **burger buns** and serve with a couple of **baby gem leaves** and the **chicken thighs** inside. Add the remaining **leaves** to the salad, toss together. Serve with the **wedges** and **salad** alongside with any remaining **katsu mayo** for dipping your **chips** in.

Enjoy!