



## TASTY INGREDIENT

Katsu is a fried meat or seafood cutlet made with Japanese panko breadcrumbs.



## WARNING!

Ask an adult's permission before using the stove or oven.

# Make a crispy chicken katsu sandwich

## Ingredients

- 2 cups shredded green cabbage
- 2 tablespoons mayonnaise
- 1 teaspoon Dijon mustard
- Kosher salt
- Black pepper
- 1½ cups panko breadcrumbs
- 3 tablespoons canola oil
- 3 eggs, beaten
- ½ cup flour
- 4 chicken cutlets
- 8 slices milk bread
- 3 tablespoons tonkatsu sauce

## Instructions

1. Heat the oven to 400° F. Line a baking sheet with parchment paper and place a cooling rack on top.
2. In a medium bowl, toss together the cabbage, mayonnaise, and mustard. Season with salt and pepper, and refrigerate until ready to use.
3. Combine panko and oil in a medium skillet. Toast over medium heat. Stir frequently until golden, about 5 minutes. Transfer to a shallow dish to cool.
4. Place the eggs and flour in separate shallow dishes. Season chicken with salt and pepper, then

coat each piece by first tossing it in the flour, then the egg, then the toasted panko, taking care to cover it completely with the contents of each bowl. Place on the prepared baking sheet, and repeat with the remaining cutlets, spacing them evenly.

5. Bake chicken until cooked through, about 25 minutes. Assemble sandwiches: Spread a slice of bread with one quarter of the tonkatsu sauce. Add a cutlet, then top with one quarter of the cabbage slaw and another slice of bread. Serves 4.



## ECO TIP OF THE WEEK HEAT UP YOUR LEFTOVERS SAFELY

When we heat up food or beverages, some containers release tiny pieces of plastic—called microplastics—into what we eat or drink. Scientists aren't yet sure what the health effects of eating and drinking microplastics can be, but some studies have suggested they could be harmful. One easy way to reduce your exposure to microplastics is to keep plastics away from heat. That means not heating food in plastic containers or pouring hot drinks into plastic cups. Instead, reheat food in a microwave-safe glass or ceramic dish without the plastic cover (you can cover food with a microwave-safe ceramic plate instead), and drink hot beverages from a ceramic mug.



Reheat food in microwave-safe glass.