

Chicken Katsu Curry

Serves 2

Hands-on Time 20 minutes

Cooking Time 25 minutes

Ingredients

- 2 carrots
- 1 onion
- 4 tbsp oil (vegetable or sunflower)
- 4 garlic cloves
- 1½ tbsp light soy sauce
- 1½ tbsp curry powder
- 1 tbsp honey
- 1 tbsp light brown sugar
- 4 tbsp plain flour
- 550ml chicken stock
- 1 bay leaf
- 150g sushi or short-grain rice
- Salt and pepper (for seasoning)
- 2 skinless chicken breasts
- 2 medium eggs
- 100g panko or dried breadcrumbs
- 1 tsp garam masala

Equipment

- Vegetable peeler
- Knife
- Chopping board
- Grater
- Large saucepan
- Wooden spoon
- Micro-grater
- Sieve
- Small saucepan with lid
- Clingfilm
- Rolling pin
- Food bag (sealable)
- 2 wide bowls
- Fork
- Wide frying pan
- Spatula or tongs

Method

1. Prepare the curry sauce

- Peel and grate the carrots and onion.
- Heat 1 tbsp oil in a large saucepan over low-medium heat. Add the carrots and onion, cooking for 5 minutes until softened.
- Grate the garlic into the pan. Add the soy sauce, curry powder, honey, sugar, and 2 tbsp flour. Stir and cook for 1 minute.
- Pour in the chicken stock and add the bay leaf. Bring to a boil, then reduce to a simmer for 20 minutes, stirring occasionally.

2. Cook the rice

Rinse the rice under cold water until the water runs clear.

Add the rice, a pinch of salt, and 200ml water to a small saucepan. Bring to a boil, then reduce to the lowest heat, cover, and cook for 10 minutes. Turn off the heat and let it sit, covered, for another 10 minutes.

3. Prepare the chicken

- Place the chicken breasts between clingfilm and gently flatten with a rolling pin.

- Season 2 tbsp flour with salt and pepper in a food bag. Add the chicken, seal, and shake to coat.
- Whisk the eggs in a wide bowl. Place the breadcrumbs in another bowl.
- Dip each chicken breast in the egg, then the breadcrumbs, repeating to double-coat. Rest on clingfilm.

4. Cook the chicken

- Heat 3 tbsp oil in a wide frying pan over low-medium heat.
- Cook the chicken for 6 minutes on each side until golden and cooked through (internal temperature should reach 75°C/165°F).

5. Serve

- Stir the garam masala into the curry sauce and remove the bay leaf.
- Slice the chicken into bite-sized pieces.
- Serve the rice alongside the curry sauce, topped with the chicken.

Enjoy!