

Katsu Chicken Curry

Ingredients

Click the image below for a [video guide](#).



- 4 chicken breasts
- 80g breadcrumbs
 - 2 beaten eggs
 - 40g of flour
 - Lettuce
- Cucumber, sliced
- Rice to serve

For the Katsu sauce:

- 2 tbsp dark soy sauce
 - 2 tbsp honey
 - 2 tbsp milk
- 100g mayonnaise (light if possible)
- 2 tbsp curry powder

Method

1. Set up three bowls. One with the flour, one with the whisked egg and the last with breadcrumbs.
2. Take your chicken breast and cover in flour, then dip in egg before finally covering in breadcrumbs.
3. You can cook in the air fryer for 15 minutes, in the oven for 25 minutes or fry in a pan, until cooked.
4. Meanwhile, cook your rice as per instructions. You can also start to make your sauce by combining soy sauce, honey, milk, mayo and curry powder. Stir until smooth.
5. When rice and chicken is cooked, cut your lettuce and cucumber to serve. Slice the chicken on top of the rice and drizzle over your sauce.

The Finer Details

Per Portion
550 Calories
45g Protein
53g Carbs
15g Fat
