

May 2022



## KATSU CHICKEN BOWL

### PREPARATION TIME:

10 mins

### COOKING TIME:

20-25 mins

### SERVES:

2

### INGREDIENTS

50g plain flour

1 medium free-range egg, beaten

50g panko breadcrumbs

2 free-range skinless chicken breasts,  
cut into 3cm chunks

2 tbsp sesame oil

180g long grain rice

150g katsu curry sauce

1/2 cucumber, cut into rounds

1 small carrot, shredded

1 tbsp pickled ginger (or sushi ginger)

Sesame seeds and togarashi (optional)  
to serve

These colourful katsu chicken bowls only need 10 minutes to prepare, thanks to a few clever shortcuts. Serve with pickled ginger, sesame and rice.

### METHOD

Heat the oven to 180°C fan/gas 6. Put the flour and egg in separate bowls. In another bowl, toss the panko crumbs with some salt and pepper. Dip each piece of chicken in the flour, then the egg and finally the breadcrumb mixture to coat well. Lay each piece on a baking tray as you go. Drizzle with the sesame oil, then cook in the oven for 20-25 minutes.

Meanwhile, cook the rice according to the packet instructions and heat the katsu sauce in a small pan over a medium heat. Drain the rice, then divide between 2 deep bowls. Top with the crispy chicken and katsu sauce, then add the cucumber, carrot and pickled ginger. Sprinkle with sesame seeds and togarashi, if using.