



Tips For Fussy Eaters

Leave the curry powder out of the mayo.

Pro Tip

Use a mandolin to shred the cabbage!

Katsu is a Japanese dish of fried chicken made with panko bread crumbs

Takes: 40 min | Equipment Required: Rolling pin

Cals 971 | Prot 54 | Carbs 117 | Fat 35

Ingredients	For 2	For 3	For 4	
Chicken				
Chicken breast	300	500	600	Grams
Eggs	1	2	2	Pieces
Soy sauce	20	30	40	ML
Plain flour	50	100	100	Grams
Smoked paprika powder	2	2	4	Grams
Panko bread crumbs	60	90	120	Grams
Vegetable oil	6	8	10	Tbsp
Burger bun	2	3	4	Pieces
Curry mayo				
Salted butter	10	20	20	Grams
Curry powder	4	5	8	Grams
Garlic powder	2	2	4	Grams
Mayonnaise	50	75	100	Grams
Salt	0.5	1	1	Tsp
Cabbage				
White cabbage	300	300	450	Grams
Spring onion	40	60	80	Grams
Rice vinegar	15	22	30	ML
Salt	0.5	1	1	Tsp
Fries				
Potatoes	600	900	1200	Grams
Vegetable oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Black sesame seeds	10	10	10	Grams



1 Bake fries

Preheat the oven to 200°C/180°C fan. Slice the **potatoes** (skins on) into **fries**. Add the **fries** to a large baking tray with a drizzle of **vegetable oil**. Toss. Sprinkle with a generous pinch of **salt**. Bake for 30 min, flipping them half-way. Sprinkle with the **sesame seeds** for the last 5 min.



2 Prep

Meanwhile, whisk together the **eggs** and **soy sauce** in a shallow bowl. Place the **flour** and **paprika** into a second shallow bowl and mix. Add the **bread crumbs** to a third shallow bowl with a pinch of **salt**.



3 Bread chicken

Wrap the **chicken breasts** in cling film and place them on a chopping board. Using the rolling pin, bash the **chicken breasts** until almost halved in thickness. One by one, place the **chicken breasts** in the **flour**, coating both sides. Then dip them in the beaten **eggs** and finally in the **panko**, making sure they are well coated. Refrigerate.



4 Prep cabbage

Shred the **cabbage** as finely as possible. Finely slice the **spring onion**. In a large bowl, toss the **cabbage, spring onion, rice vinegar** and season generously with **salt**.



5 Curry mayo

Heat a pan over a medium heat with the **butter**. Once melted, add the **curry powder** and cook for 2 min. Pour into a bowl (reserve the pan). Add the **garlic powder** and **mayonnaise** with a pinch of **salt**.



6 Fry chicken

Return the pan to a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** and fry for 3-5 min on each side or until golden brown and cooked through. Drain the fried **chicken** over paper towels to remove excess **oil**. Load the **burgers** with the **curry mayo, chicken** and **cabbage slaw**. Serve the **fries** on the side.



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