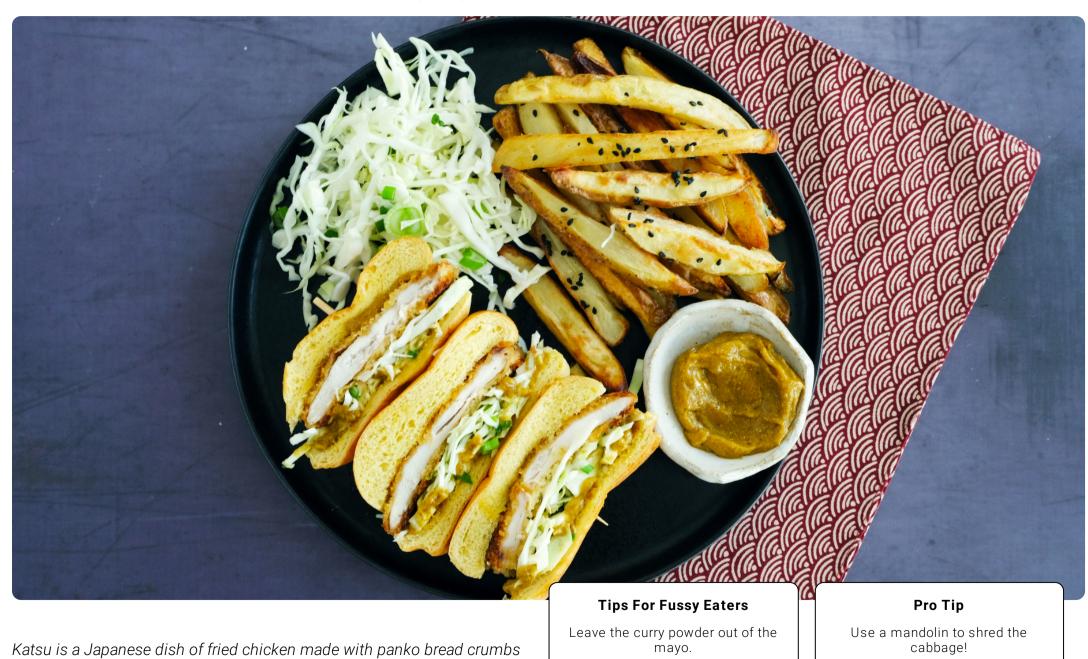
Chicken Katsu Burger

with Fries, Slaw and Curry Mayo



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 frv 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.

