

# Katsu Curry

## Ingredients

### FOR THE CHICKEN

4 skinless chicken breasts (around 150g/5oz each)  
50 g (2oz) plain flour  
1 large egg, lightly beaten  
100 g (3 1/2oz) panko breadcrumbs (or use white breadcrumbs)  
Sunflower oil, to shallow fry

### FOR THE CURRY SAUCE

1 tsp. sunflower oil  
1 onion, finely chopped  
2 1/2 cm (1 in) piece fresh root ginger, peeled and grated  
2 garlic cloves, crushed  
1 tbsp. medium curry powder  
2 tbsp. plain flour  
500 ml (17 fl oz) chicken stock  
1 tbsp. soy sauce  
2 tsp. honey

### FOR THE SALAD

1 carrot  
75 (3oz) sugar snap peas, sliced into thin strips  
2 spring onions, sliced

Small handful each mint and coriander  
Juice 1/2 lime

Rice, to serve

## **Method**

1. Bash chicken breasts between two sheets of baking paper or clingfilm with a rolling pin to flatten them to an even thickness.
2. Put flour, egg and breadcrumbs into separate shallow bowls. Dip each chicken breast into flour (tap off excess), then egg and finally breadcrumbs. Repeat until all chicken breasts are coated. Set aside while you make the sauce.
3. For the sauce, heat oil in a saucepan and fry onion over medium heat for 5min to soften and start to turn golden. Add ginger and garlic and cook for a further min, then stir in curry powder and flour. Cook for 1min, then gradually add stock to avoid lumps forming. Add soy sauce and honey. Bring to the boil, then simmer for 10-15min to reduce until thickened. Blitz in a blender to make a smoother sauce, if you like.
4. Heat a thin layer of oil in a large non-stick frying pan over medium-high heat and cook chicken for 5min on each side or until cooked through.
5. For the salad, peel carrot into ribbons, mix with sugar snaps, spring onions, herbs, a squeeze of lime to taste and seasoning. Serve with rice, chicken and the sauce.