

Japanese Chicken Katsu Curry

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-japanese-katsu-curry>

Ingredients:

- 4 chicken breast fillets halved lengthways
- 1 cup all-purpose plain flour
- 2 eggs lightly whisked
- 2 cups panko breadcrumbs
- vegetable oil for shallow frying
- steamed rice to serve
- pickled ginger to serve, optional
- sea salt
- 2 tablespoons vegetable oil
- 1 small onion finely diced
- 2 garlic cloves finely chopped
- 1 tablespoon all-purpose plain flour
- 1 tablespoon curry powder Japanese preferably
- 1 teaspoon Garam Masala
- 2 teaspoons rice vinegar
- 2 teaspoons honey
- 2 cups chicken stock
- 3/4 cup apple juice
- 1 tablespoon ginger finely grated
- 1/2 carrot thinly sliced
- 2 tablespoons cornflour cornstarch mixed with 2 tbsp water
- 2 teaspoons sea salt 1- ,to taste

Nutrition:

1. Calories: 770 calories
2. Carbohydrate: 72 grams
3. Cholesterol: 255 milligrams
4. Fat: 25 grams
5. Fiber: 3 grams

6. Protein: 63 grams
 7. SaturatedFat: 4.5 grams
 8. Sodium: 2220 milligrams
 9. Sugar: 13 grams
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