

Chicken Katsu Curry

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-katsu-recipes>

Ingredients:

- potato about 200g
- 1 carrot about 100g
- 1 onion 180g
- 1 tablespoon olive oil
- 2 1/8 cups water
- 1 3/16 cups curry roux store bought Japanese, about 6 cubes *1
- 1 chicken breast katsu
- 4 cups rice cooked plain

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 80 grams
3. Cholesterol: 35 milligrams
4. Fat: 9 grams
5. Fiber: 11 grams
6. Protein: 21 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 100 milligrams
9. Sugar: 3 grams

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