

Katsu Curry (Japanese Curry with Chicken Cutlet)

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-style-curry-recipe-without-roux>

Ingredients:

- 7/8 pound onion sliced into 1cm, 1/2" wide pieces
- 9/16 pound potato cut into 1.5cm, 1/2" cubes
- 15/16 cup carrot sliced 7mm, 1/4" thick, note 1
- 1 tablespoon oil
- 1/2 packet curry House Vermont, Mild, note 2
- 3 3/8 cups water
- 4 cups cooked rice
- 5 1/4 ounces chicken thigh fillets note 3
- salt
- pepper
- 3 7/8 tablespoons flour
- 1 beaten egg
- 1 cup japanese breadcrumbs panko breadcrumbs, note 4
- oil to deep fry, note 5

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 50 milligrams
4. Fat: 15 grams
5. Fiber: 5 grams
6. Protein: 11 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 270 milligrams
9. Sugar: 6 grams

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