



DropChef Chicken Katsu Curry

Chicken Katsu Curry is a Japanese dish featuring a crispy, golden-brown chicken cutlet (katsu) served with a rich, mildly spiced curry sauce, all served over a bed of rice. The curry sauce, made from a blend of spices, onions, carrots, and potatoes, is savory and slightly sweet, complementing the katsu beautifully. The combination of crunchy katsu and savory curry creates a satisfying, flavorful meal.

Nutritional Info

Calories: 555 kcal
Carbohydrates: 75 g
Protein: 36 g
Fat: 10 g

Ingredients

- Chicken Breast Fillet
- Mixed Leaves
- Shallot
- Rice Wine Vinegar
- Egg
- Katsu Curry Paste
- Bamati Rice
- Coconut Milk
- Breadcrumbs
- Flour

Your Pantry

- Olive Oil
- Salt & Pepper
- Sugar

Allergens

Wheat (Breadcrumbs, Flour)
Egg (Egg)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Boil the kettle**

2) **Pickle your onions**

Peel the onion and cut in half length-ways. Thinly slice the onions then add to a bowl. Cover with the vinegar and a good pinch of sugar, if you have it. Set aside to pickle while you make the rest of the dish.

3) **Butterfly the chicken**

Put your chicken breast on a chopping board and, with your hand flat on top of it, use a sharp knife to slice into one side of the breast, starting at the thicker end and ending at the thin point. Be careful not to cut all the way through to the other side. Open out the fillets like a book.

4) **Butterfly the chicken**

Take out three plates. Add the flour to one and season well with salt & pepper. Give it a good mix. Break the egg into a cup and use a fork to beat it. Pour the beaten egg onto a second plate. Sprinkle the breadcrumbs onto a third plate. Drop the chicken in the flour and give a shake so it's covered in flour. Then drop the chicken breast into the egg giving it a little mix to coat. Now lift the chicken out and lay it into the breadcrumbs, turning it so it's coated in breadcrumbs.

5) **Cook the rice**

Place the rice, along with 120 ml of water per person into a saucepan with a small pinch of salt. Place the saucepan on high heat and bring to the boil. Boil for two minutes, then turn down the heat and cover the saucepan with a tight lid or tin foil. Cook for 12 minutes (do not lift the lid!). Remove from the heat and fluff up with a fork. While the rice cooks....

6) **Fry the chicken**

Place a frying pan on medium-high heat with a good drizzle of oil. Once hot, lay the chicken fillets down. Cook for 3-4 minutes then flip and cook for a further 3-4 minutes. The breadcrumbs should be golden brown. Cut into the centre of the chicken and check that it's cooked through. Once cooked, remove the fillets from a pan and rest on a plate with some kitchen paper. While the chicken rests

7) **Make the curry sauce**

Put the curry paste and coconut milk into a saucepan. Place on a medium heat and mix well. Bring to a simmer for a couple of minutes then switch off the heat.

8) **Plate the dish**

Spoon the rice onto a plate and top with the chicken fillets. Spoon over the katsu curry sauce. Serve the mixed leaves alongside and top with the pickled onions.



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