



Chicken Katsu Curry

(serves 4-6 people)

Ingredients:

4 chicken fillets

1 egg

2 tbsp cornflakes

200g breadcrumbs (I like the panko ones but any are fine)

3 garlic cloves

2 tbsp cooking oil

200g passata

2-3 tbsp curry powder

1 tsp ground ginger (optional)

100mls Greek style natural yogurt

2 cups rice – basmati or long grain

Salt & Pepper

Spring onion (to garnish – optional)

Method:

Preheat the oven to 180C.

Line a baking tray.

Cut the chicken into strips.

Lightly beat the egg in a bowl.



In a separate bowl, crush the cornflakes and then add the breadcrumbs.

Season the breadcrumb mix with salt and pepper.

Dip the chicken strips into the egg mix and then into the crumb mix.

Place the breaded pieces of chicken onto your lined baking tray so there is just one even layer.

Place into the oven and cook for approximately 15 minutes, or until chicken is cooked through.

While the chicken is cooking put your 2 cups of rice into a pot.

Add 4 cups of boiling water and cover with a lid.

Cook over a medium heat for 10-12 minutes until all water has been absorbed.

Sauce

Finely chop your garlic and put it into a pot with a spoon of oil.

Cook for 1 minute, being careful not to let the garlic burn.

Add the pasatta and stir through.

Add the curry powder and ginger, and stir again.

If the sauce is too thick, add in a few spoons of water.

Stir through the yogurt and cook over a low heat – again, add some water to thin the sauce if needed.



To Serve

Place the rice on a plate and put a few pieces of chicken on top.

Pour some of the sauce over the chicken.

Sprinkle with spring onion and a spoon of yogurt to garnish (optional).

NOTE – You can use whatever type of rice you prefer for this dish, however I prefer basmati or long grain.