Chax’s ‘No-Fry’ Tonkatsu

NIBBLEDISH CONTRIBUTOR

Ingredients

- Meat(I used chicken Breast)
- Panko
- 2 Eggs (lightly beaten)

- Plain/Corn Flour
- 1/3 Cup Butter
- Tonkatsu sauce

- I don't have exact measurements flour & Panko as i usually just pour a random amount into a bowl and add more if needed.

Instructions

1.Pre-heat oven to Gas mark 8 (450F)

2.lightly beat 2 eggs in a bowl, add the flour to another bowl and the Panko to a third,

3.Put the Butter on a small baking tray and place in oven to melt,

4.Dip the meat into the flour then into the egg then flour again then egg then thoroughly coat with the Panko,

5.Assuming the butter has melted, take the tray out of the oven and place the coated meat on the tray and place back in the oven,

6.Oven-cook for 25 minutes then turn-over and cook for further 10 minutes,

7.Remove from the oven and place on a sheet of kitchen paper,
8.Serve on a bed of Japanese rice and douse with Tonkatsu sauce,

9. Enjoy :)