



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 :)