



Katsu Chicken

NIBBLEDISH CONTRIBUTOR

Ingredients

Yes, this has loads of ingredients, but it's mostly storecupboard stuff and totally worth making!

For 2:

1 tbsp butter
250ml boiling water
1 garlic clove, chopped
Half a small onion, chopped
2 small apples, chopped
1 banana, chopped
1 tbsp tomato ketchup
1 tbsp honey
2 tsp turmeric
Dash of Madras powder
1 tsp cornflour
200ml hot chicken stock
2 chicken breasts
2 beaten eggs
150g breadcrumbs
100g flour

Instructions

1) Melt the butter over a low heat in a deep saucepan. Add the onion, garlic, fruit, ketchup, honey, turmeric, Madras powder and boiling water.

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- 2) Bring to the boil, then add the stock and simmer for about 20 minutes.
 - 3) Meanwhile, dip the chicken breasts in the flour, egg, then roll in the breadcrumbs.
 - 4) Fry the chicken breasts in a hot wok for a few minutes on each side til cooked through.
 - 5) Sieve the sauce to get rid of the lumps of fruit and such, then pour over the chicken. Serve with steamed rice and vegetables.