



# 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.