



# Chicken Katsu Curry

Recipe by Kate Caire



Serves 4



Prep: 10 minutes

Cook: 40 minutes

## INGREDIENTS

### Curry sauce

- 1 carrot, diced
- 1 onion, diced
- 2 cloves of crushed garlic
- 2cm piece of grated ginger (or ½ teaspoon of ginger paste)
- 2 tablespoons curry powder
- 1 tablespoons butter
- 1 tablespoon honey
- 1 tablespoon tomato sauce
- 1 tablespoon miso
- 1 tablespoon soy sauce
- 2 cups chicken stock
- 1 tablespoon olive oil

### Crumbed Chicken

- 2 chicken breasts
- ½ cup plain flour
- 2 eggs
- 1 cup bread crumbs (preferably Panko)



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## DIRECTIONS

1. Heat a small pot on medium and melt 1 tablespoon of butter. Add diced onion and carrot, cooking for about 5 minutes or until they are softened and onion is translucent.
2. Then add garlic and ginger and cook for a further minute.
3. Now add the curry powder and stir through, giving it a little time on the heat before adding the honey, tomato sauce, miso and soy stirring to combine.
4. Finally, pour in the 2 cups of chicken stock and bring to a simmer for 20 minutes.

While the sauce is simmering, prepare the chicken. You'll need 3 bowls.

1. Crack the eggs into one bowl and whisk.
2. Add the plain flour to another, and the breadcrumbs to the third bowl.
3. Cut your chicken in half lengthwise, so you have 4 heart-shaped pieces of chicken.
4. Dunk each side of chicken in flour, then each side into the egg, and then finally in the breadcrumbs, making sure you press each side of the chicken into the breadcrumbs firmly.
5. Before cooking the chicken, use a stick blender to carefully blitz the sauce until it's smooth and thick. Check the flavour and add salt if necessary.
6. To cook the chicken: add olive oil to a pan over medium-high heat, and fry the chicken in batches, being careful not to overcrowd the pan. Cook each piece of chicken until it's golden and crisp on both sides and cooked through.
7. As each piece of chicken cooks, add to a baking tray and keep warm, in the oven on a low heat.

Serve with rice and scatter with spring onion and toasted sesame seeds if you have them.



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