

# Chicken katsu curry

## Ingredients

- 1 chicken breast
- 1 slice of bread
- 1 egg
- 3tbsp. Plain flour
- Curry sauce
- 1 onion
- 1 garlic clove
- A thumb-size piece of ginger
- 1tbsp. Curry powder
- ½ tsp. chilli flakes
- Chicken stock cube
- 1tsp brown sugar



1. Set the oven to 190°C and line a baking tray.



2. Blitz the bread in the food processor.



3. In threes, each add 2tbsp. of flour to one bowl, eggs in the second and breadcrumbs in the third.



4. On a red board, slice your chicken into three long strips.



5. Dip the chicken pieces in the flour, then egg, then breadcrumbs. Lay on your baking tray.



6. Bake the chicken for 15 minutes or until the food probe reads 75°C. **Wash up all of the equipment so far.**



7. On a white board, dice the onion, crush the garlic and dice the ginger.



8. Make 400ml of stock in a jug.



9. Sauté the onion and ginger for 5 minutes on heat 5 until soft then add the garlic to the pan.



10. Add the plain flour, curry powder, chilli flakes and sugar.



11. Add the stock and simmer for 15 mins until slightly thickened. Then transfer to your container with the chicken.