

## KATSU CHICKEN

DAIRY  
FREE



Serves  
4



Prep Time 25 minutes (plus 10  
minutes refrigeration)



Cook Time 15–  
20 minutes

A Little  
More Effort



### INGREDIENTS

#### *Katsu Sauce:*

- ¼ cup **Wattie's Tomato Sauce 50% Less Sugar**

### METHOD

1. To make the Katsu Sauce: Whisk together the **Wattie's Tomato Sauce 50% Less Sugar**, **Lea & Perrins Worcestershire Sauce**, soy sauce, lemon juice and Dijon mustard. Set aside.

- 1½ Tbsp **Lea & Perrins Worcestershire Sauce**
- 1 Tbsp soy sauce
- Juice of ½ lemon
- 1 tsp Dijon mustard

***Chicken:***

- 400g skinless chicken breast fillets (2 x 200g pieces)
- ¼ cup flour, seasoned with salt and pepper
- 1 large egg, beaten
- 1 cup panko breadcrumbs
- ¼ cup vegetable oil

***Salad:***

- 2 cups shredded iceberg lettuce
- ½ red capsicum, deseeded and sliced
- 1 small Lebanese cucumber, sliced
- 1 small carrot, cut finely into matchsticks
- **Gregg's Sesame Seeds** to garnish
- **Eta Thick & Creamy Mayonnaise** (to serve)

2. To prepare the Chicken: Cut each chicken breast in half horizontally to form 2 thin fillets.
3. Dip each chicken fillet into the seasoned flour and then into the beaten egg. Coat in the panko crumbs. Refrigerate for 10 minutes, to allow the crumbs to stick.
4. Heat the oil in a frying pan and cook the chicken pieces over low to medium heat for approximately 6–7 minutes on each side or until golden and cooked. Keep warm while preparing the salad.
5. On each plate layer the salad ingredients. Slice the chicken thickly and place on each plate. Spoon the Katsu Sauce over the chicken and garnish with **Gregg's Sesame Seeds**. Serve with rice and **Eta Thick & Creamy Mayonnaise** on the side.

## TIPS

- For a great entertaining idea, use chicken tenderloins instead of breast fillets and serve with a generous bowl of Katsu Sauce for dipping.