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Crispy Chicken Katsu with Honey Sesame Carrots

This delicious Japanese number is like all of your favourite elements of sushi, with none of the fuss. Crispy chicken katsu is perfectly at home amongst honeyed carrot, spring onion, spicy wasabi infused mayonnaise and sesame seeds. In this easy crowd pleaser, every bite is a delight!

 **Prep:** 15 mins
 **Cook:** 30 mins
Total: 45 mins
 **eat me early**

 **level 1**
 **spicy**

Pantry Items

-  Vegetable Oil
-  Honey
-  Water
-  Plain Flour
-  Milk
-  Mayonnaise



Carrot



Sesame Seeds



Jasmine Rice



Chicken Breast



Panko Breadcrumbs




Wasabi




Spring Onions

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QTY	Ingredients	
4	carrots, peeled & cut into batons	
½ cup	vegetable oil *	
2 tsp	honey *	
1 tbs	sesame seeds	
1 ½ cups	Jasmine rice, rinsed well	
6 cups	water *	
700 g	chicken breast	
¼ cup	plain flour *	
½ cup	milk *	
1 cup	panko breadcrumbs (recommended amount)	
¼ cup	mayonnaise *	
1-2 sachets	wasabi (caution: hot)	
1 bunch	spring onions, cut into thin strips	

 Ingredients features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	3220	Kj
Protein	48	g
Fat, total	22.3	g
-saturated	4.9	g
Carbohydrate	90.4	g
-sugars	14.4	g
Sodium	422	mg



You will need: chef's knife, chopping board, vegetable peeler, paper towel, sieve, rolling pin or meat mallet, oven tray lined with baking paper, three medium bowls, two plates, medium saucepan, large frying pan, and a small jug or bowl.

1 Preheat the oven to **200°C/180°C fan-forced**.

2 Toss the **carrot** in a dash of the **vegetable oil** and **honey**, and place on the lined oven tray. Sprinkle with the **sesame seeds** and cook in the oven for **20-25 minutes** or until golden and tender.

3 Place the **Jasmine rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes** or until the rice is soft. Drain.

4 Place the **chicken breast fillets** between two pieces of baking paper. Using a rolling pin or meat mallet bash the chicken breast until it is 1 cm thick. Set up a crumbing station by placing the **plain flour** and some **salt** and **pepper** in one bowl, the **milk** in a second bowl and the **panko breadcrumbs** in a third bowl. Dip the flattened chicken breast in the flour, followed by the milk and then lastly coat the chicken evenly in the breadcrumb mixture. Place on a plate until ready to fry.

5 Heat half of the remaining vegetable oil in a large frying pan over a medium-high heat. Add half of the crumbed chicken and cook for **3 minutes** on each side, or until golden and cooked through. Transfer to a paper towel lined plate to drain. Wipe down the pan with paper towel and repeat the process with the remaining oil and chicken. Once all the chicken is cooked, cut it into thick slices.

6 Combine **mayonnaise** with a dash of water in a small jug or bowl.

7 To serve, divide the rice and carrots between bowls. Top with the katsu chicken and a generous dollop of mayonnaise (for adults and brave children, combine ¼ teaspoon of the **wasabi** with the mayonnaise).

Top with the **spring onions**. Enjoy!

