

Chicken Katsu Curry Rice

For the curry sauce:

- 1 TBS vegetable oil
- 10-12 ounces white or yellow onion (**about 2 small to medium onions, halved and cut into 1-inch/2.5cm pieces**)
- 1 clove garlic (minced)
- 1 TBS tomato paste
- 1 TS Worcestershire sauce (optional)
- 2 TBS curry powder (such as madras curry powder)
- 1 TS salt
- 1 TS sugar
- 8 oz russet or Yukon gold potato (cut into 3/4 inch or 2 cm cubes; about 1 medium or 2 small potatoes)
- 8 oz carrots (cut into 3/4 inch or 2 cm triangular pieces; about 3 medium carrots)
- 2 Chicken stock
- 1 TBS cornstarch (mixed onto a slurry with 1 tablespoon water)
- 1 TBS salted butter

For the chicken katsu:

- 900 g** boneless skinless chicken breast
- salt and pepper
- 2 TBS** all purpose flour
- 1** egg
- 1 1/3** cups panko breadcrumbs
- vegetable oil (for frying)

Instructions

Heat a Dutch oven or other medium to large pot over medium heat. Add **the 1 tablespoon oil and the onion**, and cook until the onions begin to turn translucent and the edges begin to brown, about 2-3 minutes.

Add the **garlic, tomato paste, and Worcestershire** sauce (if using), and cook until fragrant, 1 minute. Then stir in the **curry powder, salt, and sugar**, and cook for 1 minute.

Stir in the **potatoes, carrots, and chicken stock**. Bring to a simmer, cover, and cook until the potatoes and carrots are tender, **about 20-25 minutes**.

Meanwhile, butterfly the chicken breast so they're thin and even. If the chicken is uneven, you can pound it to an even thickness. Pat **the chicken dry** with a paper towel. **Season both sides of the chicken** pieces with salt and pepper, and **dust with a light, even coating of flour**. In one shallow bowl, **beat the egg**. Put the **panko breadcrumbs into another shallow bowl**.

Add a thin, even layer of oil to a cast iron pan or nonstick skillet over **medium heat**. The oil is ready when you throw a panko breadcrumb into the oil and it sizzles. Dip the chicken into the egg to coat. Transfer to the panko and press it evenly into the chicken to get a good coating.

You'll need to cook the chicken in a couple batches. Carefully lay the chicken in the hot oil and **cook for 6 minutes on one side**, until golden brown. Flip and cook the **other side for another 5-6 minutes**. Transfer to a plate and repeat with the remaining chicken, adding oil to the pan as needed.

Stir the **cornstarch with the water to make a slurry, and add it to the curry sauce**. Stir until the sauce is thickened, then **stir in the butter**. Taste for seasoning and add additional salt to taste if needed.