



 Body

 Mind

 Recovery

 Nutrition

Air Fryer Chicken Katsu

 Dairy Free

 Meal Prep/Freezer Friendly

 Nut Free

 High Protein


Serves
4


Prep Time
10 minutes


Cook Time
20 minutes



Ingredients

For the chicken:

- 2 tbsp. olive oil
- 1 cup (120g) panko breadcrumbs
- 1 lb. (450g) chicken breasts, cut into filets
- salt & pepper
- 4 tbsp. all-purpose flour
- 2 eggs
- 1 tbsp. water
- 2 cups (360g) white rice, cooked
- ½ small napa cabbage, finely sliced

For the sauce:

- 1 tbsp. tomato ketchup
- 2 ½ tsp. Worcestershire sauce



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Calories
558

Fats
14 g

Protein
38 g

Carbs
69 g

Instructions

1. Pour the olive oil into a non-stick skillet and place over a medium heat. Add the panko breadcrumbs and toast until golden brown, roughly 5 minutes, then set aside.
2. Season the chicken with salt and pepper.
3. Place the flour into a shallow dish. In a second shallow dish, combine the eggs with the water and whisk to combine. In a third dish, add the toasted panko bread crumbs.
4. To crumb the chicken, take a chicken piece and coat it first in the flour, then dip it into the egg mixture, and finally dip it into the toasted panko, coating the chicken evenly in the crumb. Repeat this process with the remaining pieces of chicken until they all are coated.
5. Preheat the Air Fryer to 375°F (190°C). Place the chicken in the Air Fryer basket and fry for 10 minutes, flip the chicken over and fry for a further 5 minutes.
6. In the meantime, make the sauce by combining all the sauce ingredients together in a small bowl.
7. When the chicken has cooked, transfer to a cutting board and slice. Serve the chicken with the cooked rice, katsu sauce and cabbage.