



Chicken katsu curry Free Recipe 10042025

Description

Recipe

Chicken katsu curry

This popular Japanese chicken katsu curry is easy to make for a low-cost midweek meal. You can prepare the curry sauce in advance, and the strips of chicken are quick to coat and fry up into hot crispy morsels.

Recipe tips

The curry sauce can be prepared in advance and kept in the fridge for 2–3 days or frozen for up to 3 months. Why not make a double quantity and freeze half for another dinner?

[Banzai Japan MV](#)

https://www.youtube.com/watch?v=k_vQsyC_F1A

Shopping List

Fruit and vegetables 1 carrot, chopped 2 garlic cloves, crushed 2 tsp grated fresh ginger 1 brown onion, chopped Tins, packets and jars 500ml/18fl oz chicken stock jasmine rice, to serve 1 tbsp plain flour 1 tbsp plain flour Cooking ingredients salt and freshly ground black pepper 100g/3½oz dried breadcrumbs 1 tbsp medium curry powder 1–2 tbsp soy sauce 1 tbsp sunflower oil 3 tbsp sunflower oil Dairy, eggs and chilled 1 free-range egg, lightly beaten Meat, fish and poultry 400g/14oz chicken mini fillets or 2 chicken breasts, cut into strips

<https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>

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1. chicken
2. flour
3. soy sauce
4. brown onion
5. carrot
6. grated fresh ginger
7. garlic
8. fresh ginger
9. onion
10. ginger
11. chicken stock
12. black pepper
13. garlic clove
14. clove
15. curry powder
16. breasts
17. Dairy-free
18. free-range egg
19. Nut-free
20. egg
21. Pregnancy-friendly
22. sunflower oil
23. Chicken katsu curry
24. breadcrumbs
25. chicken breasts
26. plain flour

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