

# BAKED CHICKEN KATSU

Kevin



Recipe by Kevin Kimura

Level: Easy

Makes 4 servings

## INGREDIENTS

4 boneless skinless chicken breasts

2 beaten eggs

4 tbs flour

1 1/2 cup panko

kosher salt

black pepper

olive oil

Tonkatsu sauce

## DIRECTIONS

### Step 1

Preheat oven to 350 degrees F. Prepare a baking sheet by lining it with foil.

### Step 2

Preheat a frying pan/skillet over medium heat for 2 1/2 minutes. Add 2 tbs of olive oil to the pan and move pan around to coat the bottom. Add panko and toast until light golden brown. Keep the panko moving in the pan so that it toasts evenly. Keep an eye on it and do not walk away so it does not burn. Transfer toasted panko into a shallow dish and allow to cool.

### Step 3

Use a meat mallet or rolling pin to tenderize and flatten each chicken breast to create an even layer of meat so that it cooks evenly. Once flattened, the breast should be about 3/4 inch thick. Do not over tenderize. Sprinkle both sides with kosher salt and black pepper.

### Step 4

Next, put eggs, flour and toasted panko into 3 separate shallow bowls. Then place each breast top-side down into the flour, then the egg, then the toasted panko, pressing gently to make sure the bread crumbs adhere. Then, place the breast panko-side up on a foil lined baking sheet.

### Step 5

Bake the chicken for 30 minutes or until cooked through.

Remove chicken from oven and serve with Tonkatsu sauce.

