

# CRISPY BAKED CHICKEN KATSU THIGHS (easy & healthy)

Recipe by Kevin Kimura

## INGREDIENTS

Makes up to 4 chicken thighs

### Chicken Katsu Thighs

4 boneless skinless chicken thighs  
(preferably large)

1 beaten egg  
2 tbs flour  
3/4 cup panko  
kosher salt  
freshly ground black pepper  
olive oil  
Tonkatsu sauce (store bought or homemade)

## DIRECTIONS

- 1. Prep:** Preheat oven to 350 degrees F and line a baking sheet with foil.
- 2. Toast Panko:** Heat a skillet over medium heat. Add 1 tbsp olive oil and swirl to coat. Add panko and toast, stirring constantly, until golden brown. Transfer to a shallow dish to cool.
- 3. Bread Top of Chicken:** Season both sides of chicken thighs with salt and pepper. Next, put flour, egg and toasted panko into 3 separate shallow bowls. Then place each thigh 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 thigh panko-side up on a foil lined baking sheet.
- 4. Bake:** Bake the chicken for 35 minutes, or until cooked through.
- 5. Serve:** Slice the chicken katsu and serve alongside shredded cabbage and rice. Drizzle your favorite sesame dressing over the cabbage.

Serve Tonkatsu sauce on the side to keep the panko breading nice and crispy.



### Homemade Tonkatsu Sauce

Adapted from Namiko Hirasawa Chen

(Whisk all ingredients until thoroughly combined and sugar has mostly dissolved)  
1/4 cup + 1 tbs ketchup  
1/4 cup Worcestershire sauce  
2 tbs sugar  
2 tbs oyster sauce

### Shredded Cabbage Salad (Optional)

2-3 cups shredded cabbage  
sesame dressing (store bought or homemade)

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### Homemade Sesame Dressing

4 tablespoons toasted sesame seeds  
3 tablespoons kewpie mayonnaise  
1 tablespoon toasted sesame oil  
2 tablespoons soy sauce  
1 tablespoons rice vinegar  
1 tbs sugar

- 1. Toast and grind sesame seeds:** In a dry skillet over medium-low heat, toast the sesame seeds until fragrant and slightly golden brown. Let cool slightly, then grind in a mortar and pestle or spice grinder until mostly smooth with some texture remaining.
- 2. Whisk ingredients:** In a mixing bowl, whisk together the ground sesame seeds, rice vinegar, soy sauce, sugar, mayonnaise, and sesame oil until well combined.

Adjust seasoning to your desired preferences.