

Helergon Kitchen

Crispy Chicken Katsu with Tonkatsu Sauce

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Japanese** Cuisine

Ingredients

Chicken Breading

- [ ] 2 boneless, skin-less chicken breasts (about 1¼ in thick, halved lengthwise)
- [ ] 1 teaspoon salt
- [ ] ½ teaspoon freshly ground black pepper
- [ ] ½ cup all-purpose flour
- [ ] 2 large eggs, lightly beaten
- [ ] 1 cup panko breadcrumbs
- [ ] ¼ cup vegetable oil (for frying)

Tonkatsu Sauce

- [ ] ½ cup ketchup
- [ ] 2 tablespoons Worcestershire sauce
- [ ] 2 tablespoons soy sauce
- [ ] 1 tablespoon rice vinegar
- [ ] 1 tablespoon sugar
- [ ] ½ teaspoon garlic powder
- [ ] ½ teaspoon ginger powder
- [ ] 1 teaspoon fresh garlic, minced
- [ ] ½ teaspoon fresh ginger, minced

Instructions

1. First, we need to get the chicken just right. Lay your chicken breasts between two sheets of plastic wrap and gently flatten them to about ¼-inch thickness using a meat mallet or a rolling pin. Honestly, it just helps everything cook evenly.
2. Go ahead and season both sides of those cutlets with 1 teaspoon salt and ½ teaspoon freshly ground black pepper. Simple, but so important.
3. Now, let's set up our breading station. Use three shallow dishes: flour in dish A, those lightly beaten eggs in dish B, and panko breadcrumbs in dish C. Dredge each piece in flour—shake off the extra, please—dip it in the egg, and then coat it thoroughly in panko.
4. Heat your vegetable oil in a skillet over medium-high heat until it hits about 350°F. I always test it by dropping a pinch of panko; if it sizzles immediately, you're good to go.
5. Fry the chicken for about 3–4 minutes per side. You're looking for a deep golden brown color and an internal temperature of 165°F. Once they're done, move them to a plate lined with paper towels to drain.
6. While the chicken rests, let's make the sauce. In a small bowl, whisk together your ketchup, Worcestershire sauce, soy sauce, rice vinegar, sugar, garlic powder, and ginger powder until it's all smooth and the sugar has dissolved.

7. Stir in that minced fresh garlic and fresh ginger. It adds such a lovely little brightness to the sauce, yeah.

8. Carefully slice your fried chicken into bite-sized strips or pieces. Just be gentle so you don't lose that crust.

9. Now for the best part. Serve those strips over a mound of steamed Japanese short-grain rice, drizzle generously with your tonkatsu sauce, and garnish with sliced scallions, shredded cabbage, and a lemon wedge.

10. Enjoy it while it's still hot and crispy! Wow, it's just so satisfying.

Nutrition per serving

580 kcal	38 g	42 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pressing the panko firmly ensures the crust stays put during frying.
- Using a deep skillet keeps oil levels low to prevent greasiness.
- Steaming rice with a pinch of salt and mirin adds a subtle flavor.