

DINNER

Chicken Katsu

12 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
20 min	10 min	10 min	4	\$1.36	316 kcal



If you have around 20 minutes to spend in the kitchen, Chicken Katsu might be a great dairy free recipe to try. For \$1.36 per serving, you get a main course that serves 4. One portion of this dish contains approximately 28g of protein, 16g of fat, and a total of 316 calories.

Ingredients

- ☐ 4 skinless, boneless chicken breast halves -
pounded to 1/2 inch thickness
- ☐ 2 tablespoons all-purpose flour
- ☐ 1 cup panko bread crumbs
- ☐ 1 egg, beaten
- ☐ 1 cup oil for frying, or as needed
- ☐ 4 servings salt and pepper to taste

EQUIPMENT Frying pan

Method

- 1 Season the chicken breasts on both sides with salt and pepper.
- 2 Place the flour, egg and panko crumbs into separate shallow dishes. Coat the chicken breasts in flour, shaking off any excess. Dip them into the egg, and then press into the panko crumbs until well coated on both sides.
- 3 Heat 1/4 inch of oil in a large skillet over medium-high heat.
- 4 Place chicken in the hot oil, and cook 3 or 4 minutes per side, or until golden brown.

Nutrition per serving

316	28 g	16 g	14 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2 g · 12% of daily needs
Fibre			0.8 g · 3% of daily needs
Sugar			1 g · 1% of daily needs
Sodium			450 mg · 20% of daily needs
Cholesterol			113 mg · 38% of daily needs
Vitamin C			1.4 mg · 2% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/chicken-katsu-142221