CHICKEN KATSU CURRY

SERVES: 4
TOTAL TIME: 40

INGREDIENTS
4 skinless chicken breasts
1 large egg, beaten
8 tablespoons finely crushed cornflakes or panko crumbs
2 garlic cloves, crushed
1-2 teaspoon Korma paste
1 tablespoon soy sauce
4 tablespoons ketchup
2 tablespoons honey
2 tablespoons cornflour

INSTRUCTIONS
Begin by preheating your oven to 200°C/400°F/gas 6.
Dip the chicken in the egg, then coat evenly in the cornflakes or crumbs. Arrange the chicken spaced out on a non-stick baking tray and cook for 15-20 mins or until cooked through.
Add the remaining ingredients in a pan with 500 millilitres of water and heat, stirring constantly until boiling and starting to thicken.
Cover the pan, reduce to a simmer and cook for a further 5 minutes.
Divide the sauce between 4 plates, slice the chicken breasts and arrange on top of the sauce.
Serve with fluffy Jasmin rice, garnished with soya beans and finely sliced red chilli.

MACROS PER PORTION
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