



# Katsu Chicken

A sandwich-take on the popular Japanese chicken dish

Katsu Chicken is simply a chicken cutlet, breaded with panko breadcrumbs and fried. What REALLY makes Katsu chicken is the sauce, called "Tonkatsu sauce". It's a savory tomato sauce that's loaded with soy sauce, ginger, worcestershire and rice wine vinegar. This is my low point sandwich version of the famous Japanese dish.

## Ingredients:

### Breaded Chicken Breasts:

- 4 chicken breasts. For you greenies, use 4oz chicken breasts.
- Breading: Prepare 1 batch of my "breading 2.0", recipe in my "Cookbook: Volume 1", on page 35.

### Toasted Sesame Asian Slaw:

- 1/4 tsp sesame oil
- 1 Tbsp rice wine vinegar
- 2 Tbsp lemon juice
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 tsp sesame seeds, toasted in a hot pan for 2-3 minutes, till lightly browned and fragrant.
- 1/2 medium green cabbage, halved and thin sliced.
- 1/2 cup thin sliced green onions, cut at an angle, for looks.

### Quick Tonkatsu Sauce:

- 1/2 cup tomato sauce
- 2 Tbsp + 1 tsp worcestershire sauce
- 2-1/2 Tbsp low sodium soy sauce
- 3 Tbsp rice wine vinegar
- 1-1/2 tsp corn starch dissolved in 1 Tbsp water
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp ground ginger
- 1/8 tsp salt
- 1/4 tsp pepper
- 2 Tbsp 0 point sweetener o' choice

### Light Mayo Spread:

- 1/2 cup fat free plain Greek yogurt
- 1 Tbsp light mayonnaise

## Servings Info.:

Yields: 4 burgers  
Servings: 4  
Serving Size: 1 burger

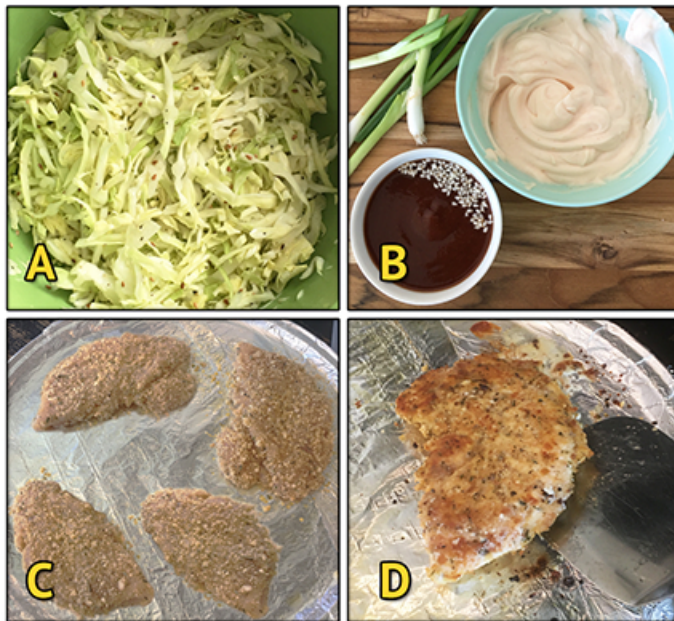
## Points:

	G	B	P
1 serving =	4	2	2
2 servings =	8	3	3
3 servings =	11	5	5
4 servings =	15	6	6

(These listed points DO NOT INCLUDE the bun. Use whichever brand buns or bread you want, then add these points. This is what's between the buns)

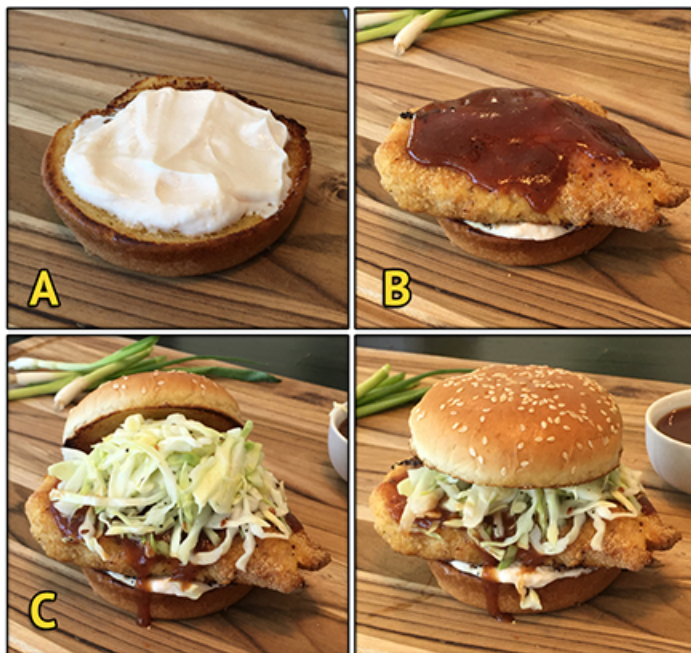
## Directions:

1. Whisk together the first 6 ingredients to make the slaw dressing, set aside in a small cup.
2. Bring all of the Tonkatsu sauce ingredients to a hard boil, in a small pot, for 1 minute. Set aside to cool.



3. (A) Mix the Asian slaw dressing with the cabbage and green onion, set aside. (B) Mix the Greek yogurt and mayo together, set aside. (C) Preheat oven to 425 degrees. Bread the chicken, spray with cooking spray and bake for 14 minutes. (D) Flip and cook for 6 more minutes, then remove from oven, set aside.





4. (A) Toast your sandwich buns o' choice, then place a 2 Tbsp scoop of the yogurt/mayo spread onto the bottom bun. (B) Place one of the breaded chicken breasts on top of the mayo and cover it with a few spoonfuls of the Katsu sauce. (C) Place a pile of the toasted sesame slaw on top of the chicken, then (D) cover with the top bun. Done. Serve with some extra Katsu sauce on the side, for dipping.

## NOTES & SUGGESTIONS:

- **CHICKEN:** Blue & Purple folks can use Dolly Parton sized chicken breasts. However, you Green folks should use chicken that is an appropriate size (in ounces) to not go above 1 point per sandwich. (4oz).
- **SESAME SLAW DRESSING:** I didn't have space on the recipe part of these pages to say it, so I'll put it here. This dressing has a very light, very citrusy flavor, but it is not a creamy-style dressing. Add 1 Tbsp of fat free Greek yogurt, if you'd like it a little creamier.
- **KATSU SAUCE:** The entire recipe for this Katsu sauce makes 1 cup of sauce, and only has 1 single ingredient point. It's traditionally used as a dip for panko breaded chicken cutlets and strips. However, it also makes a great marinade.
- **DAIRY FREE MAYO SPREAD:** Allergic to Dairy, but would still like a low point alternative? Blend some 'medium' or 'semi-firm' tofu with a little water, then add a splash of lemon juice and a little dijon mustard. It's not exaaaactly the same as mayo, but is a great alternative.
- **POINTS!!!:** Folks on the **GREEN PLAN** have a much higher amount of points per serving because of the 2 eggs in the breading, plus the points for the chicken. You Greenies can remove 4 points from this recipe by replacing the 2 whole eggs with 2 egg whites. That will drop this sandwich down to:
  - \* 3 points for 1 serving
  - \* 6 points for 2 servings
  - \* 8 points for 3 servings
  - \* 11 points for 4 servings
- **KATSU vs. TORIKATSU or TONKATSU SAUCE?:** What the ...? *Katsu* means 'fried cutlet', *Ton* is pork and *Tori* is chicken. So, the name for the katsu sauce depends on what type of breaded meat you're using it on. If however, you are using this on a vegan meat replacement patty, the sauce is then called a *HippieKatsu* sauce.

