



CHICKEN KATSUDON

WITH cucumber lettuce & sesame

PREP TIME: 10mins
COOK TIME: 20mins
SERVES: 4

INGREDIENTS

- 1 cup Panko Crumbs
- 1 tbl Sesame seeds
- 4 Eggs
- Juice of 1 Lemon
- 500g Chicken meat
- 1 head of Lettuce
- 1 cup of Mint
- 1 cucumber (chopped)
- 1 tbl Worchester sauce
- 1 tbl Mustard
- 1 tbl soy sauce
- 1 tbl tomato sauce

DIRECTIONS

1. Add chicken, salt, pepper and panko crumbs, into the eggs and mix well
 2. Heat a little oil over a medium heat.
 3. Fry the chicken for about 8 mins until fully cooked. Some of the bits will get crispy. Thats a good thing.
 4. Next mix the Worchester sauce, mustard, soy and tomato sauce.
 5. Mix the lettuce and cucumber with the sesame and lemon
- Lay the salad and chicken on the rice and serve!

