

## Fried Rice with Katsu Chicken

**Prep Time:** 5minutes minutes

**Cook Time:** 10minutes minutes

**Total Time:** 15minutes minutes

**Servings:** 4 serving

### **Ingredients:**

2 cups uncooked jasmine rice

2 tbsp grapeseed oil

2 large egg

1 cup frozen peas and carrots

1/2 cup diced onions

1/2 cup diced celery

2 tbsp oyster sauce

2 tsp sesame seed oil

1 tsp garlic powder

1/2 tsp ground ginger

1/4 tsp black pepper

1/2 cup chopped green onions

### **Chicken Katsu-**

4 chicken breasts or thighs

2 cups All purpose flour

3 Eggs

2 Tbsp water

2 cups Panko breadcrumbs

2 cups oil

salt or miso to taste (miso is very salty)

### **Instructions**

Heat oil in skillet over medium-high heat. Add onions and celery sauté until translucent. Add mixed vegetables stir fry for 2 minutes, turn heat down sprinkle in the spices and stir. Add in oyster sauce, sesame seed oil until combined. Increase the heat to med-high and stir in the rice and mix well. Serve.

**For Chicken:**

At your breading station fill one bowl with flour, one bowl with egg and water whisk, and one bowl with breadcrumbs. On ½ inch breast or thigh season well on both sides.

Coat the chicken in the flour shake off excess dredge in the egg mixture ensuring no dry spots, the drop in panko and covered with panko press to get it to adhere to the chicken on both sides make sure its coated well then place on parchment paper. Repeat for each chicken.

Heat the oil in a 10-in cast iron skillet over medium heat. When oil reaches 350°F pan fry the chicken until brown on both sides for about 10-15 minutes. Place chicken briefly on wire rack, slice chicken thinly serve immediately. Enjoy!