

Chicken Katsu

Prep Time: 10 Minutes Cook Time: 10 Minutes Ready In: 20 Minutes

Servings: 6

Ingredients:

6 skinless, boneless chicken breast halves
 Pounded to 1/2 inch thickness
Salt and pepper to taste
2 tablespoons all-purpose flour
1 egg, beaten
1 cup Panko bread crumbs



Directions:

1. Season the chicken breasts on both sides with salt and pepper. 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. Place in 13x9 pan.
2. Preheat oven to 350° F. Bake for 40 minutes.