



# Air-Fryer Katsu Chicken Donburi Bowls

**Recipe by Direct  
from the Market**

Looking for a healthy lunch  
or dinner? Look no further...

Prep time: 5-10 min

Cook time: 30 min

Serves: 1-2

## Method

Slice Chicken Breast and beat down to about 2-3cm evenly across. Coat both sides with Panko crumbs & spray lightly with Olive oil.

Pop in the Air-Fryer for 15 Minutes each side. While the Chicken is cooking, start cooking the Rice.

Whilst waiting for the Chicken & Rice, Thinly slice the Green & Red Cabbage. If you are not pickling the Carrot & Cucumber, cut them both very thinly length ways, do not grate.

Slice the Chicken thinly before assembling.

To Assemble, add the cooked rice to the bowl then the shredded Cabbage, Carrots & Cucumber. Lay the chicken on top with a drizzle of Tonkatsu sauce & Kewpie Mayo

Optional: Cut carrots in to small size carrots & put in to a glass jar. Heat Vinegar in a saucepan, stir in sugar & salt till dissolved. Pour mixture over carrots until fully submerged. Marinate for at least 1 hour.

## Ingredients

1/2 Cup Sushi Rice

250g Chicken Breast

1 Cup Red & Green Cabbage

4x Small Carrots/1x Carrot

1/4 Cucumber

Kewpie Mayo

Soy Sauce

Panko Crumbs

Apple Cider Vinegar

Sugar

Olive Oil Spray

Salt (Try Togarashi Sea Salt)

Tonkatsu Sauce



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