

Karaage bowl

INGREDIENTS

4 portion(s)

4	boneless chicken thighs
75 ml	Kikkoman Naturally Brewed Soy Sauce
3 tbsp	sake (or dry white wine)
2 tsp	finely grated ginger
2	finely grated garlic
	Freshly ground black pepper
100 g	wheat flour
50 g	potato starch
	Oil for frying
200 g	sushi rice
2	avocados
100 g	corn
100 g	blanched edamame beans
8	radishes
	Lettuce
	Pea sprouts

Tonkatsu Sauce:

150 ml	ketchup
3 tbsp	Kikkoman Naturally Brewed Soy Sauce
2 tbsp	worcestershire sauce
1 tsp	dijon mustard
2 tsp	sugar
1 tbsp	mirin (or rice vinegar)

PREPARATION

Step 1

Cut each chicken thigh in 4 pieces. Mix soy sauce, sake, ginger, garlic, and pepper. Marinate the chicken in the mix for minimum 2 hours.

Step 2

Mix flour and potato starch and dip the chicken in the flour mix. Fry the chicken in 180°C hot oil for 3-4 minutes. Place the chicken on kitchen towel.

Step 3

Mix the ingredients for the tonkatsu sauce.

Step 4

Cook sushi rice according to the directions on pack and place the cooked sushi rice in 4 bowls. Put lettuce, diced avocado, edamame beans, thin slices of radishes, corn, and pea sprouts on top. Put the chicken pieces on top and serve with tonkatsu sauce.