

Chicken Katsu with Sautéed Bok Choy & Lemon Mayo



40 minutes | 2 servings

Find cookware

[chef's knife](#)
[citrus juicer \(optional\)](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[grater \(optional\)](#)
[measuring cups](#)
[measuring spoons](#)
[mixing bowls](#)
[nonstick skillet](#)
[spatula](#)
[tongs](#)

Grab ingredients

8	baby bok choy
¾ lb	chicken breasts, boneless skinless
1	egg
1 clove	garlic
1 (1 inch) piece	ginger root
½	lemon
	all-purpose flour
	black pepper
	mayonnaise
	panko bread crumbs
	salt
	soy sauce
	toasted sesame oil
	virgin coconut oil

Cook & enjoy

- 1 Wash and dry the fresh produce.
8 baby bok choy
1 (1 inch) piece ginger root
½ lemon
- 2 Trim the bok choy ends and cut in half lengthwise. Transfer to a bowl.
- 3 Peel and grate or mince the ginger. Transfer to a small bowl.
- 4 Trim off and discard the root end of the garlic; peel and mince or press the garlic. Add to the bowl with the ginger.
1 clove garlic
- 5 Crack the egg into a medium bowl and beat with a whisk or fork.
1 egg
- 6 Place the flour and bread crumbs on two separate plates.
2 tbsp all-purpose flour
¾ cup panko bread crumbs
- 7 Pat the chicken dry with paper towels and place on a cutting board. Holding a knife parallel to the cutting board, cut the chicken in half horizontally to form thin cutlets. Season the cutlets with salt and pepper on both sides.
¾ lb chicken breasts, boneless skinless
½ tsp salt
¼ tsp black pepper
- 8 Add coconut oil to a nonstick skillet and preheat over medium heat.
½ tbsp virgin coconut oil

- 9 One piece at a time, thoroughly coat the seasoned chicken cutlets in the flour (shaking off any excess), then in the beaten egg (letting the excess drip off), then in the bread crumbs (pressing to adhere). Transfer to a plate.
- 10 Place the breaded chicken cutlets in the skillet; cook until they are golden brown and cooked through, 3 to 5 minutes per side. Once done, transfer to a plate and wipe the skillet.
- 11 Add the mayonnaise to a small bowl.
2 tbsp mayonnaise
- 12 Juice the lemon and add about $\frac{1}{2}$ to the mayo to start; whisk together. Add more lemon juice if needed.
- 13 Once the chicken has been transferred, add more coconut oil to the skillet.
 $\frac{1}{2}$ tbsp virgin coconut oil
- 14 Add the ginger and garlic to the skillet; cook until fragrant, 15 to 30 seconds.
- 15 Add the bok choy to the skillet; cook, tossing frequently, until the bok choy is wilted and tender, 3 to 5 minutes.
- 16 To the bok choy, add soy sauce and sesame oil. Toss to coat, then remove from the heat.
1 tbsp soy sauce
 $\frac{1}{4}$ tsp toasted sesame oil
- 17 To serve, divide the chicken cutlets and bok choy between plates; drizzle the chicken with the lemon mayo. Enjoy!