JAPANESE · LUNCH · DINNER

Baked Chicken Katsu with Ponzu and Daikon (Gluten-Free)

45 min · Serves 2 · 460 kcal a serve · Video 6:08 · Just One Cookbook

Gluten-free ingredients · No dairy listed · No nuts listed

Baked instead of deep-fried: the panko is toasted in just 1 tbsp of olive oil, so a serve has about 41 g of protein and 13 g of fat. Rich in selenium and vitamin B6, and the daikon and citrus ponzu add vitamin C.

Diet notes: Low saturated fat (2.6 g, 5% of the energy).

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Ingredients 14 · SERVES 2

- [ ] 60 g **gluten-free panko**
- [ ] 1 tbsp extra **virgin olive oil**
- [ ] 1 **chicken breast**, boneless and skinless (314 g)
- [ ] ¼ tsp **kosher salt**
- [ ] **freshly ground black pepper**
- [ ] 2 tbsp **rice flour**
- [ ] 1 large **egg**, beaten (about half is used for coating)
- [ ] 7.6 cm piece of **daikon**, peeled, grated and gently squeezed
- [ ] 1 **green onion**, thinly sliced
- [ ] **Dashi (homemade)**: 3 tbsp katsuobushi (dried bonito flakes, 3 g) and a 5 × 8 cm piece of kombu, steeped in the sauce and strained
- [ ] 4 tbsp **gluten-free soy sauce**, for the ponzu (about half is used)
- [ ] 3 tbsp **lemon juice**, for the ponzu (plus ¼ tsp grated zest)
- [ ] 1 tbsp **fresh orange juice**, for the ponzu
- [ ] 1 tbsp **mirin**, for the ponzu

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish, Egg, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Make the ponzu 1–2 days ahead: combine the orange juice, lemon zest and juice, gluten-free soy sauce and mirin in a jar, add the bonito flakes and kombu, close and refrigerate. 0:52
2. Heat the oven to 200°C. Toast the panko with the olive oil in a frying pan over medium heat, stirring, until golden brown, then spread on a plate to cool. 1:52
3. Butterfly the chicken breast, cut it in half and flatten to an even thickness with the back of a knife. Season both sides with salt and pepper. 2:29
4. Coat each piece in rice flour, dip in the beaten egg, then press into the toasted panko. 3:19
5. Bake on an oven-safe wire rack for 25–30 minutes until cooked through. Meanwhile grate the daikon, squeeze out the excess water, slice the green onion and strain the ponzu. 3:45
6. Cut the katsu into 2–3 cm pieces, top with the daikon and green onion and pour over the ponzu. 4:53

> **Tip** Time excludes the 1–2 days the ponzu steeps in the fridge; leftover ponzu keeps for weeks. Toasting the panko in a little oil gives the crunch of katsu without deep-frying.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
460 kcal 1,930 kJ	**41** g 82% of a day	**42** g 40 g net · 4.6 g sugars 15% of a day	**1.8** g 6% of a day	**13** g 2.6 g saturated 16% of a day	**1,310** mg 57% of a day

Energy from net carbs 36% · protein 37% · fat 27%

High in (20%+ of a day) Selenium 71% · Vitamin B6 47% · Vitamin B12 24% · Vitamin C 23%

Source of (10–19%) Vitamin K 17% · Zinc 15% · Iron 13% · Magnesium 13% · Potassium 11% · Vitamin E 10% · Folate 10%

⚠ One serve has about 57% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Just One Cookbook (@justonecookbook) on YouTube — youtube.com/watch?v=a8nl4ChX81o, published 27 October 2017. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/baked-chicken-katsu-ponzu-gluten-free