

## Foodie Friday – Lilith Lenz’s Japanese Curry with Chicken



### Ingredients:

#### Curry

½ an onion (chopped)

3 carrots (chopped)

5 potatoes (chopped)

1 S&B Golden Curry Medium Package

Butter/nonstick cooking spray

#### Chicken

2 chicken breasts

3 eggs

Small bowl of Italian breadcrumbs

### Instructions:

#### Curry

1. Melt the butter or apply the cooking spray to a pot over medium heat.
2. Add in the chopped onion; when the onions are almost transparent, add in the carrots, potatoes, and 4-5 cups of water.
3. Turn the heat up to high until the water starts to boil, then turn the heat back down to medium and let cook for 15-20 minutes or until vegetables are soft.
4. If fat bubbles appear on top of the water, remove them with a wooden spoon.
5. When the vegetables are soft, add in the curry mix and stir until thick.

## **Chicken**

1. Cut the chicken into strips, then season with salt and pepper to taste.
2. Mix the eggs in a bowl, then dip the chicken strips in the eggs.
3. Make sure all of the chicken is covered by the egg mixture, then coat in the breadcrumbs.
4. Finally, fry the chicken strips in a pan.