Air Fryer Crispy Katsu Chicken Poke Bowl

Ingredients

- 1 bag Maggi Air Fryer Crispy Katsu
- 1 tablespoon Olive Oil
- 350 g Chicken mini fillets
- 2 teaspoons Curry Powder
- 4 tablespoons Light Mayonnaise
- 500 g Microwave Brown Rice
- 160 g Edamame (soya beans) cooked
- 160 g red cabbage, finely sliced
- 2 carrots, grated
- 160 g fresh mango, diced
- 0.5 bunch Leaves Coriander
- 2 g Toasted sesame seeds
- 2 teaspoons Mango chutney
- 1 tablespoon Crispy onions
- 2 Limes

Instructions

1. Preheat the air fryer to 180˚C.
2. Prepare the crispy chicken according to the pack instructions.
3. Make the dressing by mixing the curry powder and mango chutney into the mayonnaise until combined.
4. Heat the rice according to the pack instructions and divide between 4 bowls.
5. Top with the crispy chicken pieces, soya beans, cabbage, grated carrot and mango.
6. Finish with the coriander, seeds and crispy onions if using and squeeze the lime over everything before serving.

20 Minutes

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Nutrition

Carbohydrate	70.75 g
Energy	586.98 kcal
Fat	19 g
Fibre	9.54 g
Protein	35.74 g
of which: saturates	2.81 g
Sodium	391.46 mg
of which: sugars	13.72 g