



## Chicken cutlets - Japanese/Spanish style

This is a sort of fusion recipe, based on a classic Japanese recipe with a Spanish touch. It's simple enough, but very tasty, and may well be the healthiest way to fry chicken.

### Ingredients

Chicken thighs - boneless, skinless, butterflied.

Teriyaki sauce

Potato starch (cornstarch or rice flour will work as well)

Olive oil (the Spanish touch)

### Preparation

Marinate chicken in teriyaki (several hours, overnight in fridge is better)

Let the meat drip/dry on a rack for a few minutes, pat dry, dredge in potato starch

Heat oil until it shimmers, fry chicken 2/3 minutes per side until golden brown

Place on paper towels, rest for 5 minutes

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Serve with veg & rice or mashed potatoes

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