

# Chicken Katsu Curry

## with Sticky Rice and Green Peas

hellóchef

A total party trick! This creamy and smooth curry sauce combined with crispy chicken will blow you away!

Cals 817 • Prot 63 • Carbs 128 • Fat 9

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🕒 cook: 35 min

R2211



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp
Plain flour <b>10*</b> , <b>11*</b>	50	100	100	Grams
Organic Eggs <b>5*</b>	1	1	2	Pieces
Panko bread crumbs <b>10*</b> , <b>11*</b> , <b>12*</b>	60	90	120	Grams
Olive oil	3	5	6	Tbsp

Rice				
Jasmine rice	150	225	300	Grams
Salt	0.5	0.5	0.5	Tsp
Green peas	100	150	200	Grams

Sauce				
Carrot	2	2	3	Pieces
Red onion	1	1	2	Pieces
Garlic cloves	2	3	4	Pieces
Olive oil	1	2	2	Tbsp
Curry powder	2	4	4	Grams
Water	300	450	600	ML
Chicken stock cube <b>4*</b> , <b>5*</b> , <b>9*</b> , <b>15*</b>	0.5	1	1	Pieces
Honey	20	20	40	Grams
Soy sauce <b>9*</b> , <b>10*</b> , <b>11*</b>	10	20	30	ML
Dried bay leaves	1	1	2	Pieces
Garam masala	2	2	2	Grams

Allergens

\*10 Wheat, \*11 Gluten, \*5 Eggs, \*12 Lupin, \*4 Milk, \*9 Soya, \*15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts**, **Tree Nuts**, **Sesame Seeds**, **Milk**, **Eggs**, **Fish**, **Crustaceans**, **Molluscs**, **Soya**, **Wheat**, **Gluten**, **Lupin**, **Mustard**, **Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3419 / 817
Fat (g)	8.8
of which saturates (g)	3.5
Carbohydrate (g)	128
of which sugars (g)	11
Fiber (g)	9.1
Protein (g)	62.7
Salt (g)	3.3

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Cook rice

Rinse **rice**. Cook the **rice** using the **rice**, **water** ratio 1:2.5. Once the **water** boils, add **salt** and reduce the heat to medium-low. Cover. Simmer for 15 minutes until the **water** is absorbed. Toss in the **green peas** and mix well. Keep covered until serving.



2 Cut and fry

Peel and chop **carrots**, **onion** and **garlic**. Heat a spoon of **oil** in a pan and add **carrots**, **onions** and **garlic**. Cook for about 10 minutes, stirring, until softened.



3 Make curry sauce

Add {1/1.5/2} Tbsp of the all purpose **flour**. Add also the **curry powder**. Cook for 1 minute. Gradually stir in the **water** and the crumbled **chicken stock cube**. Add **honey**, **soy sauce** and **bay** leaf. Turn down the heat and simmer for about 10 minutes or until **sauce** has thickened a bit. Stir in **garam masala**. Pour the **curry sauce** through a sieve; return to saucepan and keep on low heat until ready to serve.



4 Coat chicken

Season both sides of **chicken breasts** with **salt** and **pepper**. Place remaining **flour**, **eggs** and **bread crumbs** in separate bowls. Coat the **chicken breasts** with **flour**, then dip in the **eggs**, and finally coat well with **bread crumbs**.



5 Fry chicken

Heat **oil** in large frying pan over medium-high heat. Place **chicken** into hot **oil** and reduce the heat to medium-low. Fry for about 4 minutes per side. Slice and serve with the **rice** and the **curry sauce**.