

Prawn Katsu Curry

with Salad and Rice

hellóchef

Katsu is a Japanese curry, traditionally served with chicken. This one combines crispy prawns with a smooth curry sauce.

Cals 967 • Prot 45 • Carbs 140 • Fat 30

Chef's Choice

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Before you start

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

Ingredients

Prawns	2 ppl	3 ppl	4 ppl	
Jumbo prawns 7*	300	450	600	Grams
Plain flour 10*, 11*	50	50	100	Grams
Organic Eggs 5*	2	6	8	Piece
Panko bread crumbs 10*, 11*, 12*	90	120	120	Grams
Tamari 9*	15	22	30	ML
Vegetable oil	2	3	4	Tbsp
Katsu sauce				
Carrot	1	2	2	Piece
Shallots	1	2	2	Piece
Vegetable oil	1	1	2	Tbsp
Ginger garlic paste	10	15	20	Grams
Curry powder	5	8	10	Grams
Garam masala	2	2	5	Grams
Brown sugar	5	5	10	Grams
Water	200	350	400	ML
Coconut milk	200	200	400	ML
Soy sauce 9*, 10*, 11*	10	10	20	ML
Vegetable stock cube 15*	1	1	2	Piece
Sides				
Jasmine rice	150	225	300	Grams
Salt	0.5	1	1	Tsp
Water	300	450	600	ML
Spring onion	40	60	80	Grams
Cucumber	1	2	2	Piece
Black sesame seeds 3*	10	15	20	Grams
Lime	1	2	2	Piece

Allergens

***7 Crustaceans, *10 Wheat, *11 Gluten, *5 Eggs, *12 Lupin, *9 Soya, *15 Celery, *3 Sesame Seeds**

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)	4052 / 967
Fat (g)	30.1
of which saturates (g)	15.1
Carbohydrate (g)	140
of which sugars (g)	11.9
Fiber (g)	11.5
Protein (g)	45.3
Salt (g)	3.7

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



1 Bread prawns

Add the **flour** (reserve 1-2 Tbsp for the **curry**), **eggs** and **bread crumbs** to three separate shallow bowls. Whisk the **egg** with the **tamari**. Pat the **prawns** dry and turn them in the **flour**, before dipping them in the beaten **eggs** and finally coating them in **bread crumbs**. Chill until step 5.

Tip! You can bread and chill your prawns up to 4 hours beforehand.



2 Cook rice

Meanwhile, rinse the **rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Keep covered until serving.



3 Prep vegetables

Meanwhile, peel the **carrot**, then use the peeler to create several **carrot** ribbons. Grate the remaining **carrot**. Peel and finely slice the **shallots**. Finely slice the **spring onion**. Use the peeler to create **cucumber** ribbons.



4 Make curry sauce

Heat a saucepan over a medium heat with a drizzle of **oil**. Once hot, add the **shallots**, grated **carrot**, **ginger garlic paste** and cook for 3 min. Add the **curry powder**, **garam masala**, **sugar** and the reserved **flour**. Gradually add the **measured water** whilst stirring. Add the **coconut milk**, **soy sauce** and **stock cube**. Simmer for 5 min.



5 Fry prawns

Meanwhile, heat a second non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the breaded **prawns** and cook for 5 min or until golden and crispy. Once golden, transfer the **prawns** to kitchen paper.



6 Serve

Tumble the **cucumber** and **carrot** ribbons, **spring onion** and **black sesame seeds** with a squeeze of **lime** juice. Serve the **curry sauce** over the **rice** topped with the fried **prawns** and the **salad** alongside.