

# Chicken Katsu Curry

## with Cauliflower Rice

Katsu is a Japanese Curry. It's the perfect combination of crispy chicken and smooth curry sauce.

Cals 774 • Prot 68 • Carbs 100 • Fat 13

hellochef.com • 04-825-44-00 • hello@hellochef.com



🕒 cook: 40 min

R3054



Before you start

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

Ingredients

Chicken Katsu	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Organic Eggs <b>5*</b>	2	3	4	Piece
Soy sauce <b>9*, 10*, 11*</b>	10	20	30	ML
Plain flour <b>10*, 11*</b>	30	50	60	Grams
Smoked paprika powder	2	2	4	Grams
Cornflakes <b>11*</b>	100	150	200	Grams
Vegetable oil	6	8	10	Tbsp

Katsu sauce				
Shallots	1	2	2	Piece
Vegetable oil	1	1	2	Tbsp
Ginger garlic paste	10	15	20	Grams
Curry powder	5	10	10	Grams
Turmeric powder	2	4	4	Grams
Brown sugar	5	5	10	Grams
Chicken stock cube <b>4*, 5*, 9*, 15*</b>	1	1	2	Piece
Corn starch	10	15	20	Grams
Water	250	375	500	ML
Sweet chilli sauce	40	60	80	ML
Soy sauce <b>9*, 10*, 11*</b>	10	20	20	ML

Sides				
Carrot	1	2	2	Piece
Cauliflower	400	600	800	Grams
Baby spinach	40	60	80	Grams
Sesame seeds <b>3*</b>	10	15	20	Grams

Allergens

\*5 Eggs, \*9 Soya, \*10 Wheat, \*11 Gluten, \*4 Milk, \*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)	3235 / 774
Fat (g)	12.7
of which saturates (g)	4.2
Carbohydrate (g)	100
of which sugars (g)	28.7
Fiber (g)	11.8
Protein (g)	68.2
Salt (g)	7.1

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



1 Prep

Whisk the **eggs** in a shallow bowl with the **soy sauce**. Place the almond **flour** into a second shallow bowl and mix with the **paprika**. Crush the **cornflakes** in their bag with a rolling pin and place into a third shallow bowl. Peel and finely chop the **shallots**. Peel the **carrot**, then use the peeler to create several **carrot** ribbons. Grate the rest of the **carrot**.



2 Bread chicken

Wrap the **chicken breasts** in cling film and place them on a chopping board. Using a rolling pin, bash the **chicken breasts** until almost halved in thickness. One by one, coat the **chicken breasts** in the **flour**. Then dip them in the beaten **eggs** and finally in the **cornflakes**, making sure they are well coated. Chill until step 5.



3 Make sauce

Heat a saucepan over a medium low heat with a drizzle of **oil**. Once hot, add the **shallots**, grated **carrot** and **garlic ginger paste** and cook for 3 min. Add the **curry powder, turmeric, sugar** and **corn starch**. Gradually add the **measured water**, a little at a time, whilst stirring. Add the coconut milk, **soy sauce** and **stock cube**. Simmer for 5 min, then remove from the heat.



4 Make cauli rice

Meanwhile, using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains. Heat a saucepan over a medium heat with a drizzle of **oil**. Once hot, add the **cauliflower** with a pinch of **salt** and stir-fry for 5 min.



5 Fry chicken

Meanwhile, heat a generous drizzle of **oil** in a second pan over a medium-high heat. Add the **chicken** and reduce the heat to medium. Fry for 3-5 min on each side or until golden **brown**. Drain on kitchen paper to remove any excess **oil**.



6 Serve

Toss the **baby spinach** with the **carrot** ribbons and **sesame seeds**. Slice the fried **chicken** and serve with the **cauliflower rice, curry sauce** and **salad** on the side.