



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

**Takes: 40 min | Equipment Required: Rolling pin**

**Cals 1009 | Prot 72 | Carbs 83 | Fat 48**

#### Tips For Fussy Eaters

Use a sieve to strain the sauce or use a hand blender to blitz until smooth.

#### Pro Tip

To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready!



## Ingredients

For 2 For 3 For 4

### Chicken Katsu

Chicken breast	450	600	900	Grams
Eggs	2	3	4	Piece
Soy sauce	10	20	30	ML
Almond flour	40	60	80	Grams
Smoked paprika powder	2	2	4	Grams
Cornflakes	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	1	1	2	Piece
Corn starch	10	15	20	Grams
Water	250	375	500	ML
Coconut milk	200	200	400	ML
Soy sauce	10	20	20	ML

### Sides

Carrot	1	2	2	Piece
Cauliflower	400	600	800	Grams
Baby spinach	40	60	80	Grams
Sesame seeds	10	15	20	Grams



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## 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**.



## 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.



## 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.



## 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**.



## 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.



## 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.