# **Chicken Katsu Curry**

with Cauliflower Rice



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

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

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 600 900 Chicken breast 450 Grams Egas 2 3 4 Piece Soy sauce 10 20 30 MLAlmond flour 40 60 80 Grams 2 Smoked paprika powder 2 4 Grams Cornflakes 100 150 200 Grams 8 Vegetable oil 6 10 Tbsp Katsu sauce Shallots 2 2 Piece 2 Vegetable oil Tbsp 15 Ginger garlic paste 10 20 Grams 5 10 Curry powder 10 Grams Turmeric powder 4 4 Grams Brown sugar 5 5 10 Grams 2 Chicken stock cube 1 Piece 15 20 Corn starch 10 Grams 375 MI Water 250 500 200 200 Coconut milk 400 MI Soy sauce 10 20 20 MI Sides 2 2 Carrot 1 Piece Cauliflower 400 600 800 Grams Baby spinach 40 60 80 Grams



Sesame seeds

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Grams

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10

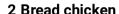






## 1 Prep

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** 



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.



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