

Salmon Katsu Curry

with Cauliflower Rice

hellóchef

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

Cals 716 • Prot 55 • Carbs 91 • Fat 18

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

🕒 cook: 35 min

R3174



Before you start

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

Ingredients

Salmon	2 ppl	3 ppl	4 ppl	
Skinless salmon fillet 6*	350	525	700	Grams
Organic Eggs 5*	1	2	2	Piece
Soy sauce 9*, 10*, 11*	10	20	20	ML
Corn starch	30	60	60	Grams
Cornflakes 11*	100	150	200	Grams
Sauce				
Spring onion	40	60	80	Grams
Carrot	1	1	2	Piece
Vegetable oil	1	1	2	Tbsp
Ginger garlic paste	10	15	20	Grams
Curry powder	5	8	10	Grams
Turmeric powder	2	4	4	Grams
Corn starch	10	15	20	Grams
Water	150	225	300	ML
Sweet chilli sauce	40	60	80	ML
Tamari 9*	15	22	30	ML
Sides				
Cauliflower	400	600	800	Grams
Salt	0.5	0.5	1	Tsp
Baby spinach	40	60	90	Grams
Black sesame seeds 3*	10	10	10	Grams
Olive oil	1	1	2	Tbsp

Allergens

*6 Fish, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *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)	2993 / 716
Fat (g)	17.8
of which saturates (g)	5
Carbohydrate (g)	91
of which sugars (g)	21.9
Fiber (g)	11.7
Protein (g)	55.3
Salt (g)	4.3

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



1 Prep

Preheat the oven to 200°C/ 180°C fan. Trim and finely slice the **spring onion**. Peel the **carrot**, then use the peeler to create several **carrot** ribbons. Grate the rest of the **carrot**. Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains. Set aside.



2 Prep breading

Whisk the **eggs** in a shallow bowl with the **soy sauce**. Place the larger batch of **corn starch** in a shallow bowl. Crush the **cornflakes** in their bag (until they resemble bread crumbs) and place into another shallow bowl. Portion the **salmon** into {2/3/4} pieces. Pat dry.



3 Bread and bake

Turn each piece of **salmon** in the **corn starch** until coated. Then, dip in the beaten **eggs** and finally, coat in the **cornflakes**. Place the **salmon** on an oiled baking tray. Bake for 15 min until golden and crispy.



4 Make katsu sauce

Meanwhile, heat a pan over a medium heat with a drizzle of **oil**. Add the **spring onion**, grated **carrot** and **garlic ginger paste**. Cook for 3 min. Add the **curry powder, turmeric** and smaller batch of **corn starch** and cook for 1 min further. Gradually add the **water**, whisking. Add the **sweet chilli sauce** and **tamari**. Simmer for 3 min.



5 Make cauli rice

Meanwhile, heat a second pan over a medium heat with a drizzle of **oil**. Once hot, add the **cauliflower** with a pinch of **salt** and stir-fry for 3 min. Remove from the heat.



6 Blitz

Once ready, using a hand-held blender or food processor, blitz the katsu **sauce** until smooth. Toss the **baby spinach, carrot** ribbons and **sesame seeds** in a drizzle of **olive oil**. Serve the **salmon** over the **sauce** with the **cauliflower** rice and **salad** on the side.

Tip! To blend your sauce, use the same food processor you used when making cauli rice – no need to wash it first!