Chicken Katsu Curry

with Jasmine Rice and Carrot Cucumber Salad

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

Cals 1061 • Prot 60 • Carbs 143 • Fat 32

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cook: 40 min

R3466

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	300	500	600	Grams
Organic Eggs **5***	2	3	4	Piece
Tamari **9***	15	22	30	ML
Plain flour **10*, 11***	50	50	100	Grams
Smoked paprika powder	2	2	4	Grams
Panko bread crumbs **10*, 11*, 12***	90	120	180	Grams
Vegetable oil	4	6	8	Tbsp
Katsu sauce				
Shallots	1	1	2	Piece
Carrot	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
Plain flour **10*, 11***	10	15	15	Grams
Water	200	350	400	ML
Coconut milk	200	200	400	ML
Soy sauce **9*, 10*, 11***	10	10	20	ML
Chicken stock cube **4*, 5*, 9*, 15***	1	1	1	Piece
Rice				
Jasmine rice	150	225	300	Grams
Salt	0.5	1	1	Tsp
Water	300	450	600	ML
To serve				
Lime	1	1	2	Piece
Cucumber	1	2	2	Piece
Black sesame seeds **3***	10	10	10	Grams

Allergens

***5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *12 Lupin, *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)	4443 / 1061
Fat (g)	31.7
of which saturates (g)	16.1
Carbohydrate (g)	143
of which sugars (g)	12.6
Fiber (g)	11.1
Protein (g)	59.8
Salt (g)	5.7

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

1 Prep

Whisk the **eggs** in a shallow bowl with the **tamari**. Combine the large **flour** into a second shallow bowl and mix with the **smoked paprika**. Place the **panko** in a third shallow bowl. Peel and finely chop the **shallots**. Peel the **carrot**, then use the peeler to create several **carrot** ribbons. Grate the remaining **carrot**.

Tip! If cooking for kids, set aside a portion of the carrot ribbons.

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 **seasoned flour**. Then dip them in the beaten **eggs** and finally in the **panko**, making sure they are well coated. Refrigerate.

3 Boil rice

Rinse the **rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pot 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. Once cooked, remove the pot from the heat and keep covered until serving.

4 Simmer

Meanwhile, heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the **shallots**, **grated carrot**, **garlic ginger paste** and fry for 3 min. Add the **curry powder**, **garam masala**, **sugar** and the small **flour**. Gradually add the **measured water** whilst stirring. Add the **coconut milk**, **soy sauce** and (0.5/1/1) **chicken stock cube**. Simmer for 5 min further.

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

5 Fry chicken

Meanwhile, heat a second pan over a medium-high heat with a generous drizzle of **oil**. Once hot, add the **breaded 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**.

Tip! If using an air fryer, preheat to 180°C. Add the breaded chicken to the basket with a drizzle or spray of oil. Air fry for 12-15 min before turning. Cook for another 5-8 min until crispy and cooked through. Do not crowd the basket and cook in batches if necessary.

6 Serve

Slice the **lime** into wedges. Peel the **cucumber** into ribbons and toss with the **carrot** ribbons. Sprinkle with the **black sesame seeds** and a squeeze of **lime** juice to taste (reserve the rest for garnish). Slice the **fried chicken** and serve over the **curry sauce** with the **rice**, **carrot** and **cucumber** ribbons alongside. Garnish with the remaining **lime wedges**.

Tip! If cooking for kids, serve the plain rice, cucumber ribbons, carrot ribbons and sliced chicken separately. Serve the sauce and black sesame seeds as 'sprinkles' to the side.