



# UCOOK

## Crispy Veggie Katsu & Curry Sauce

with Green Fields vegan chicken-style schnitzels & pickled carrots

You can't go wrong with katsu and curry sauce, Chef! Short for katsuretsu, this Japanese dish brings the crunchy & crispy textures, the spicy & creamy flavours, and the curry & chilli hit that make your palate sing with a warm afterglow. Served with steamed basmati rice, golden Green Fields schnitzels, and fresh coriander.

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**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Megan Bure

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Veggie

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Chenin Blanc 2021

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## Ingredients & Prep

60ml	White Wine Vinegar
240g	Carrot <i>rinse, trim &amp; peel into ribbons</i>
150ml	White Basmati Rice <i>rinse</i>
20g	Coconut Flakes & Cashews <i>(10g Coconut Flakes &amp; 10g Cashew Nuts)</i>
1	Onion <i>peel &amp; finely dice</i>
1	Apple <i>rinse, peel, core &amp; finely dice</i>
4	Green Fields Vegan Chicken-style Schnitzels
1	Fresh Chilli <i>rinse, trim, deseed &amp; finely slice</i>
10ml	Katsu Spice Blend <i>(2,5ml Ground Ginger &amp; 7,5ml Medium Curry Powder)</i>
20ml	Katsu Sauce Base <i>(10ml Tomato Paste &amp; 10ml Low Sodium Soy Sauce)</i>
5g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Blender  
Paper Towel

**1. PICKLED CARROTS** In a bowl, combine the vinegar and 30ml of water. Add the carrot ribbons and seasoning, then toss to combine. Set aside in the fridge.

**2. RICE** Boil the kettle. Place the rinsed rice in a pot with 400ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**3. COCONUT & CASHEW** Place the coconut flakes & cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. ONION & APPLE** Return the pan to medium-low heat with a drizzle of oil. When hot, fry the diced onion and the diced apple, covered, until slightly softened, 8-10 minutes (shifting occasionally).

**5. GOLDEN SCHNITTY** Place a pan over medium heat with enough oil to cover the base. When hot, fry the schnitzels until crispy, 1-2 minutes per side. Remove from the pan and drain on paper towel.

**6. KEEP CALM AND KATSU** Once the onion & apple have softened slightly, stir in ½ the sliced chilli (to taste), 200ml of boiling water, and the Katsu spice blend. Cook until fragrant, 1-2 minutes (shifting occasionally). Stir through the Katsu sauce base. Increase the heat to medium-high heat and simmer until thickened, 3-4 minutes. Pour into a blender and pulse until smooth. If the mixture is too thick, add warm water in 10ml increments until drizzling consistency. Season, cover, and set aside.

**7. DINNER IS READY** Plate up the rice, top with the crispy schnitzels, and cover in the curry sauce. Serve alongside the pickled carrot ribbons. Sprinkle over the toasted coconut & cashews and the chopped coriander. Garnish with the remaining chilli (to taste).



## Chef's Tip

Air fryer method: Air fry the schnitzels at 200°C until crispy, 5-8 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	467kJ
Energy	112kcal
Protein	4.6g
Carbs	17g
of which sugars	4.1g
Fibre	1.8g
Fat	2.4g
of which saturated	0.4g
Sodium	135mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy

Eat  
Within  
4 Days