



UCOOK

Flavourful Chicken Katsu

with jasmine rice, pak choi & coriander

Sweet and spicy finger-licking katsu curry sauce covering crisp panko-crumbed chicken hits the spot every time. Served on a bed of perfectly cooked jasmine rice and sided with pak choi and charred pineapple rings. Need we say more?

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Alex Levett

 Fan Faves

 Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

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Ingredients & Prep

100ml	Jasmine Rice <i>rinsed</i>
3g	Fresh Coriander <i>rinsed & chopped</i>
1	Onion <i>½ peeled & finely diced</i>
1	Apple <i>½ rinsed, cored & finely diced</i>
1	Free-range Chicken Breast
30ml	Cornflour
100ml	Panko Breadcrumbs
1	Fresh Chilli <i>rinsed, deseeded & finely sliced</i>
5ml	Katsu Spice Blend <i>(1,25ml Ground Ginger & 3,75ml Medium Curry Powder)</i>
10ml	Katsu Sauce Base <i>(5ml Tomato Paste & 5ml Low Sodium Soy Sauce)</i>
80g	Tinned Pineapple Rings <i>drained, reserving juice</i>
200g	Pak Choi <i>trimmed at the base & rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s
Paper Towel
Blender
Cling Wrap

1. GO! Place the rinsed rice in a pot with 200ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork, toss through ½ the chopped coriander, and cover.

2. SAUCY Boil the kettle. Place a pot over medium heat with a drizzle of oil. When hot, fry the diced onion and the diced apple until slightly softened, 6-8 minutes (shifting occasionally).

3. CHICKEN While the onion mixture is frying, pat the chicken dry with paper towel and place on a chopping board. Cover with cling wrap and pummel with a rolling pin or bottle to create an even thickness. Whisk 1 egg in a shallow dish with 1 tsp of water. Prepare two more shallow dishes: one containing the cornflour (lightly seasoned) and the other containing the breadcrumbs. Coat the chicken in the cornflour first, then in the egg, and lastly in the breadcrumbs. Place a pan over medium-high heat with enough oil to cover the base. When hot, fry the chicken breast until golden and cooked through, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season.

4. BLEND Once the onion and apple have softened slightly, stir in ½ the sliced chilli (to taste), 160ml of boiling water, and the katsu spice blend. Cook until fragrant, 1-2 minutes (shifting constantly). Stir through the katsu sauce base and the reserved pineapple juice (to taste). Increase the heat to medium-high and simmer until thickened, 3-4 minutes. Pour into a blender and pulse until smooth. Season. If too thick, add warm water in 10ml increments. Cover and set aside.

5. SIDES Roughly shred the rinsed pak choi leaves. Return the pan, wiped down, to medium heat with a drizzle of oil. When hot, add the shredded pak choi and fry until slightly softened, 2-3 minutes (shifting occasionally). Remove from the pan and season. Return the pan to medium heat with a drizzle of oil. When hot, add the drained pineapple rings and fry until charred, 1-2 minutes per side.

6. HEAVEN Plate up the rice. Top with the chicken, and cover in the katsu sauce. Side with the charred pineapple rings and the pak choi. Garnish with the remaining coriander and chilli (to taste).

Nutritional Information

Per 100g

Energy	447kJ
Energy	107kcal
Protein	6.2g
Carbs	19g
of which sugars	4.2g
Fibre	1.5g
Fat	0.8g
of which saturated	0.2g
Sodium	85mg

Allergens

Egg, Gluten, Allium, Wheat, Soy

Cook
within 3
Days