



UCOOK

Japanese Katsu Pork Curry

with panko crumb, sushi rice & edamame beans

Katsu curry is practically the Japanese national dish and we can see why. This sweet and spicy finger-licking Katsu curry sauce over crisp panko-crumbed pork schnitzel will definitely hit the spot every time. Served on a bed of perfectly cooked sushi rice and sprinkled with edamame beans and fresh coriander. Need we say more?

Hands-On Time: 35 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Alex Levett

 Easy Peasy

 Haute Cabrière | Pinot Noir Unwooded

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Ingredients & Prep

150ml	Sushi Rice
1	Onion <i>peeled & finely diced</i>
1	Apple <i>rinsed, cored & finely diced</i>
60ml	Cornflour
200ml	Panko Breadcrumbs
300g	Pork Schnitzel (without crumb)
100g	Edamame Beans
5ml	Chicken Stock
2	Garlic Cloves <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
10ml	Katsu Spice Blend <i>(2,5ml Ground Ginger & 7,5ml Medium Curry Powder)</i>
27,5ml	Katsu Sauce Base <i>(10ml Tomato Paste, 10ml Low Sodium Soy Sauce & 7,5ml Honey)</i>
5g	Fresh Coriander <i>rinsed</i>

From Your Kitchen

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

1. OFF YOU GO! Rinse the sushi rice under cold water until it runs clear. (This prevents the rice from becoming stodgy.) Place in a pot with 500ml of salted water, pop on a lid, and place over medium-high heat. Once boiling, reduce the heat and simmer for 15-20 minutes until the water has been absorbed and the rice is tender. On completion, remove from the heat and fluff up with a fork.

2. GET SAUCY Boil a full kettle. Place a pot over a medium-low heat with a drizzle of oil. When hot, fry the diced onion and diced apple for about 10 minutes with a lid on until slightly softened, shifting occasionally.

3. GOLDEN PORK While the onion and apple mixture is frying, whisk 1 egg in a shallow dish with 2 tsp of water. Prepare two more shallow dishes: one containing the cornflour (seasoned lightly) and the other containing the breadcrumbs. Coat one pork schnitzel in the cornflour first, then in the egg, and lastly in the breadcrumbs. When passing through the breadcrumbs, press it into the meat so it sticks and coats evenly. Repeat with the other schnitzels. Place a pan over a medium-high heat with enough oil to cover the base. When hot, fry the schnitzels for 1-2 minutes per side until golden and cooked through. You may need to do this step in batches. Remove from the pan on completion, drain on paper towel, and season.

4. STAIRWAY TO... Submerge the shelled edamame beans in boiling water for 2-3 minutes until heated through. Drain on completion. Dilute the chicken stock with 200ml of boiling water. Once the onion and apple have softened slightly, stir in the grated garlic, ½ of the sliced fresh chilli and the katsu spice blend. Cook for 1-2 minutes until fragrant, shifting occasionally. Stir through the katsu sauce base until fully incorporated. Increase the heat to a medium-high heat and gradually stir in the diluted stock. Simmer for 3-4 minutes until the sauce has thickened. Place the sauce into a blender, pulse until smooth, and season. If the mixture is too thick, add warm water in 10ml increments to get a saucy smooth consistency.

5. ...KATSU CURRY HEAVEN Plate up some fluffy sushi rice, top with the crispy pork, and smother in the delicious katsu curry sauce. Scatter over the edamame beans and garnish with chopped coriander and the remaining fresh chilli. Yummy!

Nutritional Information

Per 100g

Energy	689kJ
Energy	165Kcal
Protein	10.5g
Carbs	25g
of which sugars	3.2g
Fibre	2.5g
Fat	2g
of which saturated	0.5g
Sodium	208mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Soy

Cook
within 2
Days