



UCOOK

Crumbed Chicken & Katsu Sauce

with cashew nuts & carrot salad

Once you've savoured this memorable dish, you'll see why katsu curry is such a popular Japanese dish, Chef! A bed of basmati rice soaks up the aromatic flavours of katsu curry, made with a special UCOOK spice blend and sauce. This lipsmacking liquid covers crumbed chicken breast, sided with a fresh carrot salad and garnished with toasted cashews.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Hellen Mwanza

Fan Faves

Strandveld | Adamastor White Blend

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Ingredients & Prep

75ml	White Basmati Rice <i>rinse</i>
10g	Cashew Nuts <i>roughly chop</i>
1	Onion <i>peel & finely dice</i>
1	Apple <i>rinse, peel, core & finely dice ½</i>
1	Crumbed Chicken Breast
1	Fresh Chilli <i>rinse, trim, deseed & finely slice</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>
100ml	Coconut Cream
30ml	White Wine Vinegar
20g	Salad Leaves <i>rinse & roughly shred</i>
120g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Blender
Paper Towel

1. READY THE RICE Boil the kettle. Place the rinsed rice in a pot with 200ml 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.

2. THE CRUNCH FACTOR Place the chopped cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. 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).

4. CRUMBED CHICKEN Place another pan over medium heat with enough oil to cover the base. When hot, fry the crumbed chicken until browned, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season. Slice just before serving.

5. CHECK OUT THAT CURRY! Once the onion & apple have softened slightly, stir in ½ the sliced chilli (to taste), 140ml of boiling water, and the katsu spice blend. Cook until fragrant, 1-2 minutes (shifting occasionally). Stir through the katsu sauce base and the coconut cream. 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.

6. CARROT SALAD In a bowl, combine the vinegar, a sweetener (to taste), and a drizzle of olive oil. Add the shredded leaves, the carrot matchsticks, and seasoning.

7. BEAUTIFUL WORK, CHEF! Plate up the rice, top with the sliced chicken, and cover in the curry sauce. Serve alongside the carrot matchstick salad. Sprinkle over the toasted cashews and the remaining chilli (to taste).



Chef's Tip

Air fryer method: Air fry the crumbed chicken, until crispy and warmed through, 3-5 minutes. Remove from the air fryer, slice, and season.

Nutritional Information

Per 100g

Energy	486kj
Energy	116kcal
Protein	4.9g
Carbs	16g
of which sugars	4.1g
Fibre	1.6g
Fat	3.4g
of which saturated	2.2g
Sodium	86mg

Allergens

Cow's Milk, Egg, Gluten, Allium,
Wheat, Sulphites, Tree Nuts, Soy

Eat
Within
2 Days