



# UCOOK

## Flavourful Chicken Katsu

with jasmine rice, pak choy & 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 choy and charred pineapple rings. Need we say more?

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People

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**Chef:** Alex Levett

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 Fan Faves

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 Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

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## Ingredients & Prep

200ml	Jasmine Rice <i>rinsed</i>
5g	Fresh Coriander <i>rinsed &amp; chopped</i>
1	Onion <i>peeled &amp; finely diced</i>
1	Apple <i>rinsed, cored &amp; finely diced</i>
2	Free-range Chicken Breasts
60ml	Cornflour
200ml	Panko Breadcrumbs
2	Fresh Chillies <i>rinsed, deseeded &amp; finely sliced</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>
160g	Tinned Pineapple Rings <i>drained, reserving juice</i>
400g	Pak Choi <i>trimmed at the base &amp; 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 400ml 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 2 tsp of water. Prepare two more shallow dishes: one containing the cornflour (lightly seasoned) and the other containing the breadcrumbs. Coat one of the chicken breasts in the cornflour first, then in the egg, and lastly in the breadcrumbs. Repeat with the remaining chicken breasts. Place a pan over medium-high heat with enough oil to cover the base. When hot, fry the chicken breasts 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), 200ml 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 a 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