



UCOOK

Crispy Aubergine Katsu

with panko crumb, sushi rice & edamame beans

Katsu curry is practically the Japanese national dish and we can see why. Crisp panko-crumbed aubergine rounds smothered in sweet & spicy finger-licking katsu curry sauce. Served on a bed of perfectly cooked sushi rice and sprinkled with edamame beans and fresh coriander. Need we say more?

Hands-On Time: 40 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Alex Levett

 Vegetarian

 Warwick Wine Estate | Professor Black
Sauvignon Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

150ml	Sushi Rice
1	Onion <i>peeled & finely diced</i>
1	Apple <i>rinsed, cored & finely diced</i>
200ml	Panko Breadcrumbs
500g	Aubergine <i>trimmed & sliced into 1cm thick discs</i>
60ml	Cornflour
200g	Edamame Beans
5ml	Vegetable 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>
20ml	Katsu Sauce Base <i>(10ml Tomato Paste & 10ml Low Sodium Soy Sauce)</i>
8g	Fresh Coriander <i>rinsed & picked</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
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 a 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 THE SAUCE GOING Boil a full kettle for step 4. 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 AUBS While the onion and apple mixture is frying, in a shallow bowl, mix water with the cornflour (seasoned lightly) in 5ml increments until drizzling consistency. Prepare one more shallow dish containing the breadcrumbs. Coat the aubergine discs in the cornflour batter first, and then in the breadcrumbs. Repeat with the other aubergines. Place a pan over a medium-high heat with enough oil to cover the base. When hot, fry the aubergines 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 in a single layer on paper towel, and season.

4. STAIRWAY TO... Submerge the edamame beans in boiling water for 2-3 minutes until heated through. Drain on completion. Dilute the 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 (to taste) 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 in 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 aubergines, and smother in the delicious katsu curry sauce. Scatter over the edamame beans and garnish with rinsed coriander and the remaining fresh chilli. Yummy!

Nutritional Information

Per 100g

Energy	495kJ
Energy	118Kcal
Protein	4g
Carbs	23g
of which sugars	3.4g
Fibre	3.3g
Fat	0.9g
of which saturated	0.1g
Sodium	167mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Cook
within
4 Days