



UCOOK

Crispy Veggie Katsu & Curry Sauce

with Green Fields vegan chicken-style schnitzels & pickled carrots

You can't go wrong with katsu and curry sauce, Chef! Short for katsuretsu, this Japanese dish brings the crunchy & crispy textures, the spicy & creamy flavours, and the curry & chilli hit that make your palate sing with a warm afterglow. Served with steamed basmati rice, golden Green Fields schnitzels, and fresh coriander.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

Veggie

KWV - The Mentors | KWV The Mentors
Chenin Blanc 2021

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Ingredients & Prep

30ml	White Wine Vinegar
120g	Carrot <i>rinse, trim & peel into ribbons</i>
75ml	White Basmati Rice <i>rinse</i>
10g	Coconut Flakes & Cashews <i>(5g Coconut Flakes & 5g Cashew Nuts)</i>
1	Onion <i>peel & finely dice ½</i>
1	Apple <i>rinse, peel, core & finely dice ½</i>
2	Green Fields Vegan Chicken-style Schnitzels
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>
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. PICKLED CARROTS In a bowl, combine the vinegar and 15ml of water. Add the carrot ribbons and seasoning, then toss to combine. Set aside in the fridge.

2. 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.

3. COCONUT & CASHEW Place the coconut flakes & cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. 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).

5. GOLDEN SCHNITTY Place a pan over medium heat with enough oil to cover the base. When hot, fry the schnitzels until crispy, 1-2 minutes per side. Remove from the pan and drain on paper towel.

6. KEEP CALM AND KATSU 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. 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.

7. DINNER IS READY Plate up the rice, top with the crispy schnitzels, and cover in the curry sauce. Serve alongside the pickled carrot ribbons. Sprinkle over the toasted coconut & cashews and the chopped coriander. Garnish with the remaining chilli (to taste).



Chef's Tip

Air fryer method: Air fry the schnitzels at 200°C until crispy, 5-8 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	467kJ
Energy	112kcal
Protein	4.6g
Carbs	17g
of which sugars	4.1g
Fibre	1.8g
Fat	2.4g
of which saturated	0.4g
Sodium	135mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy

Eat
Within
4 Days