

UCCOOK

Crispy Katsu Dinner

with Green Fields vegan schnitzels

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Veggie: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Waterkloof | False Bay Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	465kJ	3567kJ
Energy	111kcal	853kcal
Protein	4.7g	35.4g
Carbs	16g	125g
of which sugars	3.7g	28g
Fibre	1.6g	12.3g
Fat	2.5g	19.3g
of which saturated	0.5g	3.4g
Sodium	117mg	885mg

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

Spice Level: Moderate

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	White Basmati Rice <i>rinse</i>
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
2	2	Spring Onions <i>rinse, trim & finely slice</i>
45ml	60ml	Red Wine Vinegar
30g	40g	Coconut Flakes & Cashews <i>(15g [20g] Coconut Flakes & 15g [20g] Cashew Nuts)</i>
2	2	Onions <i>peel & finely dice 1½ [2]</i>
2	2	Apples <i>rinse, peel, core & finely dice 1½ [2]</i>
6	8	Green Fields Plant-based Chicken-style Schnitzels
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
15ml	20ml	Katsu Spice Blend <i>(3ml [5ml] Ground Ginger & 12ml [15ml] Medium Curry Powder)</i>
30ml	40ml	Katsu Sauce Base <i>(15ml [20ml] Tomato Paste & 15ml [20ml] Low Sodium Soy Sauce)</i>
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Blender
Paper Towel
Seasoning (salt & pepper)

1. **RICE** Boil the kettle. Place the rice in a pot with 600ml [800ml] 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. **PICKLED TOMS** In a bowl, add the baby tomatoes, the spring onion and the vinegar and seasoning. Toss to combine. Set aside in the fridge.

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. Fry the onion and the apple, covered, until slightly softened, 8-10 minutes (shifting occasionally).

5. **GOLDEN SCHNITZ** 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 and apple have softened slightly, stir in ½ the chilli (to taste), 260ml [320ml] 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 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 with the curry sauce. Serve alongside the zingy tomatoes. Sprinkle over the toasted coconut & cashews and the 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).