



UCOOK

Pork & Apple Katsu Sandwich

with katsu curry sauce, soy-marinated salad & chopped peanuts

Katsu curry is practically Japan's national dish, and we can see why! We've added a UCOOK twist and made it into a sandwich! Sweet and spicy finger-licking Katsu curry sauce is drizzled over crisp panko-crusted pork schnitzel, which is nestled inside a fluffy ciabatta bun.


Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Jeannette Joynt

 Fan Faves

 Fat Bastard | Chenin Blanc

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Ingredients & Prep

1	Red Onion <i>peeled & ¼ diced & ¼ finely sliced</i>
1	Apple <i>rinsed, cored & ½ finely diced & ½ finely sliced</i>
50g	Cucumber <i>cut into matchsticks</i>
4g	Fresh Coriander <i>rinsed & finely chopped</i>
20ml	Low Sodium Soy Sauce
3,75ml	Medium Curry Powder
5ml	Tomato Paste
40ml	Cake Flour
50ml	Panko Breadcrumbs
150g	Pork Schnitzel (without crumb)
1	Schoon Ciabattini <i>defrosted & halved</i>
15g	Peanuts <i>finely chopped</i>

From Your Kitchen

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

1. OFF WE GO! Place a pan, with a lid, over a medium-low heat with a drizzle of oil. When hot, add the diced onion and diced apple. Cover with the lid and let fry for about 10 minutes, until slightly softened, shifting occasionally.

2. SOY SALAD In a bowl, add the cucumber matchsticks, the sliced red onion, ½ the chopped coriander, and ¾ of the soy sauce (to taste). Set aside to marinate in the fridge until serving.

3. LET'S GET SAUCY When the onion and apple are done, add the curry powder and fry for 1-2 minutes, until fragrant, shifting constantly. Add the tomato paste, the remaining soy sauce and 5ml of a sweetener of choice. Mix until fully combined. Increase the heat to a medium-high heat and gradually stir in 100ml of water. Simmer for 5-6 minutes, until thickened slightly. On completion, place in a blender, pulse until smooth, and season.

4. WHAT'S THE SCHNIT-UTION? Whisk 1 egg in a shallow dish with 1 tsp of water. Prepare two more shallow dishes: one containing the flour (seasoned lightly) and the other containing the breadcrumbs. Coat the pork schnitzel in the flour first, then in the egg, and lastly in the breadcrumbs. When passing through the breadcrumbs, press it into the meat so it sticks and coats evenly. Place a pan over a medium-high heat with enough oil to cover the base. When hot, fry the schnitzel for 1-2 minutes per side until golden and cooked through. Remove from the pan on completion, drain on paper towel, and season.

5. TOASTS THE BUNS, HUN Butter the cut sides of the halved ciabattini or drizzle with oil. Place a pan over a medium-high heat. When hot, add the halved ciabattini, cut-side down. Fry for 2-3 minutes until warmed through and browned.

6. GRAB YOUR KNIFE & PORK! Load up your toasted ciabattini with the crispy schnitzel, a drizzle of the katsu sauce, and the apple slices. Side with the soy slaw and any remaining apple slices. Serve the remaining katsu sauce on the side for dunking. Sprinkle over the remaining coriander and the chopped peanuts. Jump right in, Chef!

Nutritional Information

Per 100g

Energy	577kJ
Energy	138Kcal
Protein	8.6g
Carbs	20g
of which sugars	4.1g
Fibre	2.3g
Fat	2.6g
of which saturated	0.5g
Sodium	3mg

Allergens

Gluten, Allium, Peanuts, Wheat, Soy

Cook
within 2
Days