



Katsu Sauce & Crumbed Chicken

with cashew nuts & a fresh salad

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	551kJ	3958kJ
Energy	131kcal	947kcal
Protein	5.6g	40.7g
Carbs	17.8g	129.2g
of which sugars	4.5g	33g
Fibre	1.4g	10.4g
Fat	3.9g	28.6g
of which saturated	2.6g	18.7g
Sodium	102mg	742mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	Serves 2	
75ml	150ml	White Basmati Rice <i>rinse</i>
10g	20g	Cashew Nuts <i>roughly chop</i>
1	1	Onion <i>peel & roughly dice ½ [1]</i>
1	1	Apple <i>rinse, peel, core & roughly dice ½ [1]</i>
1	2	Crumbed Chicken Breast/s
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
5ml	10ml	Katsu Spice Blend <i>(1,25ml [2,5ml] Ground Ginger & 3,75ml [7,5ml] Medium Curry Powder)</i>
10ml	20ml	Katsu Sauce Base <i>(5ml [10ml] Tomato Paste & 5ml [10ml] Low Sodium Soy Sauce)</i>
100ml	200ml	Coconut Cream
10ml	20ml	White Wine Vinegar
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Piquanté Peppers <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water
Sugar/Sweetener/Honey
Blender
Paper Towel

- 1. READY THE RICE** Boil the kettle. Place the rice in a pot with 150ml [300ml] 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. THE CRUNCH FACTOR** Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. ONION & APPLE** Return a 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).
- 4. CRUMBED CHICKEN** Place another pan over medium heat with enough oil to cover the base. When hot, fry the crumbed chicken until browned, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season. Slice just before serving. Alternatively, air fry at 200°C until crispy and warmed through, 3-5 minutes.
- 5. CHECK OUT THAT CURRY!** Once the onion & apple have softened slightly, stir in ½ the chilli (to taste), 140ml [200ml] of boiling water, and the katsu spice blend. Cook until fragrant, 1-2 minutes (shifting occasionally). Stir through the katsu sauce base and the coconut cream. 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.
- 6. FRESH SALAD** In a bowl, combine the vinegar, a sweetener (to taste), and a drizzle of olive oil. Add the salad leaves, the piquanté peppers, and seasoning.
- 7. BEAUTIFUL WORK, CHEF!** Plate up the rice, top with the sliced chicken, and cover in the curry sauce. Serve alongside the salad. Sprinkle over the cashews and the remaining chilli (to taste).