



# UCOOK

## Crispy Chicken Katsu Curry

with sushi rice, pak choi & coriander

Katsu curry is practically the Japanese national comfort dish and we can see why! Sweet and spicy finger-licking katsu curry sauce over crisp panko-crumbed chicken will definitely hit the spot every time. Served on a bed of perfectly cooked sushi rice and sided with pak choi and charred pineapple rings. Need we say more?

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person


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**Chef:** Alex Levett

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 Adventurous Foodie

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 Leopard's Leap | Culinaria Chenin Blanc

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## Ingredients & Prep

100ml	Sushi Rice <i>rinsed</i>
4g	Fresh Coriander <i>rinsed &amp; chopped</i>
1	Onion <i>½ peeled &amp; finely diced</i>
1	Apple <i>½ rinsed, cored &amp; finely diced</i>
1	Free-range Chicken Breast
30ml	Cornflour
100ml	Panko Breadcrumbs
1	Fresh Chilli <i>deseeded &amp; finely sliced</i>
5ml	Katsu Spice Blend <i>(1,25ml Ground Ginger &amp; 3,75ml Medium Curry Powder)</i>
10ml	Katsu Sauce Base <i>(5ml Tomato Paste &amp; 5ml Low Sodium Soy Sauce)</i>
200g	Pak Choi <i>trimmed at the base &amp; rinsed</i>
3	Pineapple Rings <i>drained</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Egg/s  
Paper Towel  
Blender  
Cling Wrap

**1. GO!** Place the rinsed rice in a pot with 200ml of salted water, pop on a lid, and place over 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. Remove from the heat and toss through ½ the chopped coriander.

**2. SAUCY** Boil the kettle. Place a pot over 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. CHICKEN** While the onion mixture is frying, pat the chicken dry with paper towel and place on a chopping board. Cover with cling wrap and pummel with a rolling pin or bottle to create an even thickness. Whisk 1 egg in a shallow dish with 1 tsp of water. Prepare two more shallow dishes: one containing the cornflour and the other containing the breadcrumbs. Coat the chicken in the cornflour first, then in the egg, and lastly in the breadcrumbs. Place a pan over medium-high heat with enough oil to cover the base. When hot, fry the chicken breast for 1-2 minutes per side until golden and cooked through. Remove from the pan, drain on paper towel, and season.

**4. BLEND** Once the onion and apple have softened slightly, stir in ½ the sliced chilli (to taste), 160ml of boiling water, and the katsu spice blend. Cook for 1-2 minutes until fragrant, shifting occasionally. Stir through the katsu sauce base. Increase the heat to a medium-high heat and simmer for 3-4 minutes until thickened. Pour in a blender and pulse until smooth. Season to taste. If the mixture is too thick, add warm water in 10ml increments. Cover to keep warm.

**5. SIDES** Slice the rinsed pak choi in half lengthways. Return the pan, wiped down, to a medium heat with a drizzle of oil. When hot, add the halved pak choi and fry for 2-3 minutes until slightly softened, shifting occasionally. Remove from pan on completion and season. Return the pan to a medium heat with a drizzle of oil. When hot, add the drained pineapple rings and fry for 1-2 minutes per side until charred.

**6. HEAVEN** Plate up the rice. Top with the chicken, and cover in the curry sauce. Side with the charred pineapple rings and the pak choi. Garnish with the remaining coriander and chilli (to taste).

## Nutritional Information

Per 100g

Energy	671kJ
Energy	160kcal
Protein	6.1g
Carbs	25g
of which sugars	4.4g
Fibre	1.5g
Fat	2g
of which saturated	0.5g
Sodium	61mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Soy

Cook  
within 3  
Days