

DINNERLY



Chicken Katsu Curry with Basmati Rice



30-40 minutes



2 Servings

Enjoy hearty home cooking, Japanese style, with our take on classic chicken katsu: crispy coated chicken, warm rice and a lip-smacking mild curry sauce.

WHAT WE SEND

- coriander
- 1 carrot
- 150g basmati rice
- 1 large free-range chicken breast fillet
- 40g panko breadcrumbs¹
- 10g Malaysian curry powder
- 200ml coconut milk

WHAT YOU NEED

- garlic clove
- 1 egg³
- vegetable oil
- plain flour¹
- soy sauce⁶
- tomato paste
- white vinegar

TOOLS

- medium saucepan with lid
- julienne peeler or box grater
- small frypan
- medium frypan
- paper towel

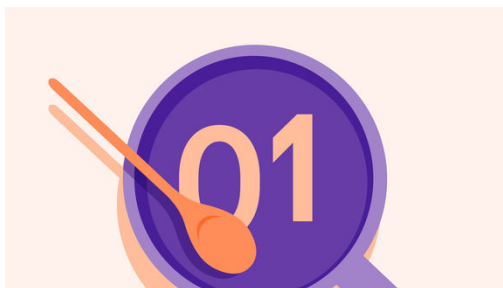
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 1000kcal, Fat 51.4g, Carbs 81.3g, Proteins 49.3g



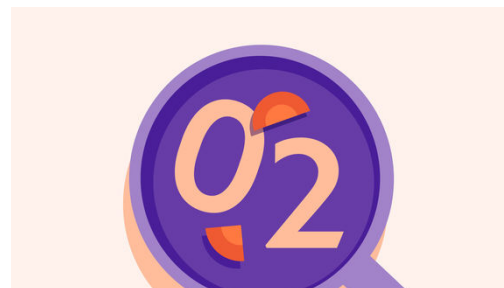
1. Prep ingredients

Bring **1L (4 cups) water** to the boil in a medium saucepan for the rice. Pick the **coriander** leaves and finely chop the stems, keeping them separate. Peel the **carrot**, then shred or coarsely grate with a julienne peeler or box grater. Crush or finely chop **2 garlic cloves**.



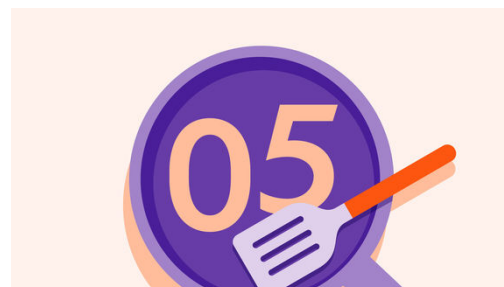
4. Finish curry sauce

Add the **coriander stems, coconut milk, 1 tbs soy sauce, 1 tbs tomato paste, 1 tsp white vinegar** and **125ml (½ cup) water**. Cook the **curry sauce**, whisking occasionally, for 8 mins until thickened. Season with **salt**. Remove the pan from the heat.



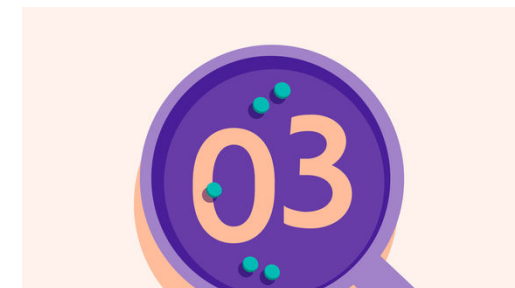
2. Prep chicken

Cook the **rice** in the pan of boiling water for 12 mins or until tender. Drain and cover to keep warm. Meanwhile, put the **chicken** flat on a board, put your hand on top and halve horizontally into 2 equal fillets. Put the **breadcrumbs** in a bowl. Whisk **1 egg** in a separate bowl. Dip the chicken in egg, then coat in the breadcrumbs.



5. Fry chicken and serve up

Meanwhile, heat **2½ tbs vegetable oil** in a medium frypan over medium heat. Cook **chicken** for 3-4 mins each side until golden and cooked through. Drain on paper towel. Put **carrot, coriander leaves** and **1 tsp white vinegar** in a bowl, season with **salt and pepper** and toss to coat. Divide **rice, chicken** and **salad** among plates. Drizzle over the **curry sauce** and enjoy.



3. Start curry sauce

Heat **2 tsp vegetable oil** in a small frypan over medium heat. Cook the **garlic** and **3 tsp Malaysian curry powder** (see Make it yours), stirring, for 30 secs or until fragrant. Add **2 tsp plain flour** and cook, stirring, for 1 min or until browned.



6. Make it yours

The Malaysian curry powder has a gentle heat but you can halve it if you would like a really mild dish. The remaining curry powder won't be used in this dish.