

Katsu curry

Ingredients

- 50 g rice

For the katsu

- 1 tbsp. cornflour
- 1 or 2 chicken mini fillets
- 2 tbsps. breadcrumbs
- 1 tbsp. oil

For the curry sauce

- $\frac{1}{2}$ an onion
- $\frac{1}{2}$ a carrot
- A piece of ginger
- 1 garlic clove
- $\frac{1}{4}$ cup of coconut milk
- 1 tbsp. of Katsu curry paste
- $\frac{1}{4}$ tsp turmeric

Method

1. Cook the rice and sieve when ready
2. Cut the onion, and garlic finely
3. Peel and grate the ginger
4. Peel the carrot and cut into small cubes.
5. Slice the chicken into two flat pieces (Not too thin!!)
6. In a glass bowl, mix the flour with 2 tbsp. water and some seasoning.
Dip the chicken into the flour mixture and leave to the side.
7. Place the breadcrumbs in a plate and dip the chicken in it, turning until well coated.
8. Heat the oil in a frying pan and cook the chicken 3-5 mins on each side until golden and cooked through.
9. Fry the onions, carrots, garlic and ginger for about 3 minutes.
10. Turn down the heat.
11. Add the curry paste , coconut milk and turmeric.
12. Once the spices are warmed through, add the coconut milk, 50ml water.
13. Season well, cover and simmer 5 mins.
14. When the onions and carrots in the curry sauce are soft, blitz using a blender. If the sauce is too thick, add a little more water, check the seasoning, adding more salt if you like.

15. Top with the curry sauce, katsu chicken, and serve with carrot ribbons.