

Katsu curry

Ingredients

- 2 tbsp. vegetable oil
- $\frac{1}{2}$ a pouch of cooked rice
- $\frac{1}{2}$ large cucumber, peeled into ribbons
- handful mint leaves or coriander leaves, or both
- 1 lime wedges, to serve

For the curry sauce

- 1 tbsp. rapeseed oil or vegetable oil
- $\frac{1}{2}$ onions chopped
- $\frac{1}{2}$ large carrot, chopped, plus $\frac{1}{2}$ peeled into ribbons
- 1 garlic cloves, crushed
- A piece ginger, peeled and grated
- 1 tbsp. curry powder
- $\frac{1}{2}$ tsp ground turmeric
- $\frac{1}{4}$ can coconut milk
- 1 tsp maple syrup

For the katsu

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

Method

1. First, make the **curry sauce**. Heat 1 tbsp. oil in a pan, cook the onions and chopped carrots until the onions are soft and starting to caramelize, about 3 mins.
2. Add the garlic and ginger and sizzle for another 30 secs, then stir in the curry powder and turmeric.
3. Once the spices are warmed through, add the coconut milk, maple syrup 50ml water.
4. Season well, cover and simmer 5 mins.
5. Now make the **katsu**.
6. In a wide bowl, mix the cornflour with 2 tbsp. water and some seasoning. Dip the chicken into the flour mixture. Place the breadcrumbs in a plate and dip the chicken in it, turning until well coated.
7. 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, maple syrup or some lime juice, if you like. Keep warm.
8. Heat the oil in a frying pan and cook the chicken 3-5 mins on each side until golden and cooked through.
9. Warm the rice and divide between bowls.
10. Top with the curry sauce, katsu chicken, and serve with the cucumber, carrot ribbons, herbs and lime wedges.