

Katsu Curry

SERVINGS: 4

PREPPING TIME: 30-40 MIN

COOKING TIME: 25 MIN

Ingredients

For the sauce:

- 1 onion, chopped
- 2 garlic cloves, chopped
- 5cm piece of ginger, peeled + chopped
- 1 carrot, chopped
- 1 tsp turmeric
- 2 heaped tbsp mild curry powder
- 2 tbsp plain flour
- 500ml chicken or veg stock
- 200ml coconut milk
- 1 tbsp soy sauce
- 1 tsp sugar, to taste

For the Katsu:

- 150g panko breadcrumbs
- 2 eggs, beaten
- 100g plain flour
- Your choice of protein or vegetable – chicken, tofu, aubergine or pumpkin/butternut squash all work well
- Oil for frying



Directions

1. To make the curry sauce, fry the onions, carrot, garlic and ginger until tender. Add the curry powder and turmeric and cook for a minute, followed by the flour for another minute. Gradually add the stock, then the coconut milk, stirring as you go. Cover and simmer on a low heat for 20 mins or until the carrot is soft. Blend the sauce until completely smooth. Add a pinch of sugar, salt and dash of soy sauce to taste.
2. For the katsu, tip the flour, eggs and breadcrumbs into three separate bowls and season appropriately. Cut your produce into the desired slices or fillets. Coat each piece in the flour, then the egg, then the breadcrumbs.
3. To cook the katsu, heat a good layer of oil in a large frying pan, then add as many of the pieces as you can fit and fry for 3-4 mins on each side until deep golden and crisp. Transfer to a tray and keep warm in a low oven while you cook the remaining pieces.
4. Serve with rice and salad/pickled veg of your choice.