

Katsu Curry & Rice



Ingredients

- 1 tbsp oil
- 1 onion, diced
- 1 courgette, diced
- 1 carrot, sliced
- 4 garlic cloves, minced
- Thumb sized piece of ginger, grated
 - 1 tsp turmeric
 - 2 tsp cumin
- 2 tsp ground coriander
- 1 tsp chilli powder
 - 2 tsp sugar
 - 1 tbsp soy sauce
- 1 litre chicken stock
 - 2 bay leaves
- 1-2 tbsp natural yoghurt
 - 4 chicken breasts
- 250g golden breadcrumbs
 - 1 beaten egg
 - Salt and pepper
 - 300g rice

Methods

1. Heat oven to 200c.
2. Heat the oil in a large pan.
3. Add the onion, garlic and ginger and cook until the onion is softened. This should take about 5 minutes.
4. Add the carrots and courgette and cook for another 5 minutes.
5. Add the turmeric, cumin, coriander, chilli powder and sugar.
6. Stir well to evenly coat the vegetables.
7. Add the stock, soy sauce and bay leaves.
8. Bring to the boil.
9. Reduce the heat and simmer for 30 minutes.
10. Season the breadcrumbs with salt and black pepper.
11. Place the chicken breast between cling film or greaseproof and flatten with a rolling pin. Do not over flatten them.
12. Dip the chicken in the flour, then the egg, then the breadcrumbs.
13. Put on a baking tray and put in the oven.
14. Cook for 20 minutes or until the chicken is cooked through.
15. Remove the bay leaves from the sauce and blitz with a hand blender until it becomes a thick, smooth sauce and stir in the natural yoghurt.
16. Slice the chicken and drizzle over the sauce.
17. Serve with the rice cooked as per the packet instructions.