

A top-down view of a plate of chicken katsu curry. The plate is a light-colored, textured ceramic. On the left side, there are three pieces of golden-brown, breaded chicken katsu. To the right of the chicken is a mound of cauliflower rice, garnished with sliced green onions and fresh cilantro leaves. Further to the right is a colorful pickled vegetable salad, featuring thin slices of radish, carrot, and other vegetables, also garnished with cilantro. A thick, smooth, golden-brown curry sauce is poured over the bottom right portion of the plate, partially under the cauliflower rice and pickled vegetables. The overall presentation is clean and appetizing.

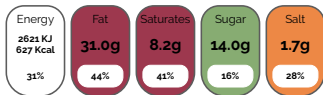
Chicken katsu curry with
cauliflower rice & pickled veg

WAYS  WELL

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Per Average Serving



Adults need around 2000Kcal/84000kJ a day.
Typical values per portion: Energy 627Kcal/2621KJ.

INGREDIENTS (serves 4)

2 chicken breasts, skinless	140g carrot	½ bunch spring onions	100g carrot
75g blanched almonds	70ml olive oil	1 garlic clove	60g radish
40g desiccated coconut	15g curry powder	8g coriander	75ml cider vinegar
2 eggs	15g tomato paste	1 tbsp olive oil	1g sea salt
1g sea salt	500ml chicken stock	1 tsp chilli flakes	1 tsp honey
1g black pepper	35g honey	1g black pepper	1-2g chilli flakes
2 tbsp olive oil	1-2 tbsp soy sauce	½ lemon	2g caraway seeds
For the katsu curry sauce:	1g black pepper	For the pickled veg	500ml water
100g onion	For the cauliflower rice;		
15g garlic	800g cauliflower	175g cucumber	

METHOD:

1. Slice the chicken breast in half horizontally, and place between 2 sheets of parchment paper. Flatten the chicken lightly with a rolling pin until 5mm thick.
2. Place the ground almonds and coconut in a shallow bowl. Add the egg to a second bowl and season with salt and pepper. Dip each chicken escalope first in the egg, coating both sides, and then in the almond and coconut mixture.
3. For the katsu curry sauce; Peel, halve and finely chop onions. Finely chop garlic. Peel and slice into rounds carrots. Melt the oil in a wide saucepan, add the onion and fry over a medium heat for 10 mins, stirring occasionally, then add the garlic and curry powder and cook for another minute. Add the carrot, tomato paste and stock and bring to the boil. Reduce the heat and simmer, covered with a lid, for 8-10 mins until the carrots are tender.
4. For the cauliflower rice; Remove outer layer from cauliflower, break into florets. Using a food processor, blitz cauliflower to a crumb texture. Thinly slice the spring onion into rounds. Peel and finely chop the garlic clove. Pick coriander leaves and finely chop. Heat the oil in a wide frying pan over a medium heat. Add spring onions, garlic, black pepper and chilli flakes followed by the cauliflower, and stir-fry for 30 secs. Steam for 3-4 mins - add a splash of water to the pan, lemon juice and chopped coriander.
5. For the pickled veg; Thinly slice the cucumber into rounds. Peel and thinly slice the carrots into rounds. Thinly slice the radish into rounds. Mix the cider vinegar, salt, honey, chilli and caraway seeds. Put the sliced veg into a sterilised jar, pour in the pickle liquid, seal, shake and leave to infuse for minimum 15 mins. Use within 3 days.
6. Meanwhile, drizzle oil in a large frying pan set over a high heat, add the chicken (you may need to cook it in batches) and fry for 5 minutes on each side until golden brown and cooked through. Repeat with a second batch, keeping the first batch warm in a low oven.
7. Serve the chicken with the sauce drizzled over, a portion of cauliflower rice and pickles.