

RECIPE: Katsu Curry	Serves: 4
<p>INGREDIENTS</p> <p>250 g rice (preferably jasmine) 4 tbsp oil 2 onions (chopped fine) 2 garlic cloves (crushed) 4 cm ginger (grated) 2 tsp turmeric 4 tsp mild curry powder 2 tbsp plain flour 600 ml chicken/veg stock 200 ml coconut milk (half can) 1 tsp light soy sauce 1 tsp caster sugar 2 large chicken breast or 1 whole cauliflower</p> <p>Coating for chicken</p> <p>50-100 g breadcrumbs 1 egg 25-50 g plain flour</p>	<p>Add oil to a frying pan or wok on a medium heat.</p> <p>Add the onion, fry for a few minutes then add spices, the garlic and ginger and fry for further two minutes.</p> <p>If at any point while frying onions or spices pan is too dry add a splash of water to stop them sticking.</p> <p>Add the flour and cook it out before adding the stock.</p> <p>When the stock is simmering add the coconut milk, soy sauce and sugar.</p> <p>Cook for further two minutes and then sieve or use a hand blender to make it smooth. Simmer on a low heat until chicken and rice is cooked.</p> <p>Store in airtight container in the fridge for up to three days or place in the freezer.</p> <p>Vegetable katsu Chop up broccoli and cauliflower, season and roast in the oven for 30 minutes at 180°C. Add to the sauce and serve. You can use any vegetables you wish, you can steam them as an alternative.</p> <p>Chicken Katsu for 4 Cut down the middle of 2 large chicken breasts to open them up and cut in half. Place in a bag and bash it with a rolling pin until it is 1cm thick. Coat the chicken in first flour, then egg and breadcrumbs. Heat up some oil in a shallow frying pan and fry the chicken 3 minutes on each side. Slice the chicken into strips and serve with jasmine rice and salad (optional). Warm up the curry sauce and pour over the top of the chicken or serve in a jug.</p> <p>Jasmine Rice for 4 - 1 mug Soak the rice for up to 30 minutes and strain for 10 minutes. Add 2 mugs of water to a pan and add the rice, when water reaches boiling, turn heat down and cook for 12 minutes with the lid ON. Take off the heat and let it stand for 5-10 minutes. Fluff up rice with a fork.</p>
<p>Equipment required</p> <p>Wok/frying pan Chopping board Knife Hand blender Small pan x 2 Plastic bag Rolling pin</p> 	