

Katsu Curry with Rainbow Salad



Ingredients

2 skinless chicken breasts, cut lengthways
1 onion, finely chopped
1 tbsp rapeseed oil
2 garlic cloves, crushed
150g carrots, chopped or grated
200g sweet potato, peeled, 1cm pieces
1 tsp curry powder (or more if you like)
1 apple, peeled, cored & chopped
500ml vegetable stock
1 tbsp honey OR maple syrup
2 tsp light soy sauce
1 packet sage & onion stuffing
1 egg with splash of milk
2 tbsp plain flour, for coating
2 tsp fresh ginger, grated
1 tsp turmeric
6 spring onions

For Rainbow Ribbons

2 medium carrots
1/2 cucumber
1/2 red pepper, finely chopped
1 tsp Sweet chilli sauce

For Perfect Rice

1 cup of rice

Optional extras to add to rice:

Chilli flakes, onions seeds or
sesame seeds



Method

Preheat the oven to 200°C/gas mark 6

Serves 4

- 1 Lightly toast the stuffing mix in a non-stick pan with a splash of oil, stirring constantly for 1 minute.
- 2 Slice chicken lengthways and coat with flour, then egg, then the toasted stuffing mix. Press firmly on both sides, making sure it's fully covered.
- 3 Cook in the oven on a lightly oiled baking tray for 10 mins, until chicken is cooked completely.
- 4 Place the garlic, onions and a little oil in a pan until they turn see through and shiny.
- 5 Add the turmeric and curry powder, cooking for another minute.
- 6 Combine the apple, carrot, sweet potato and ginger, then pour over soy sauce, honey and veg stock.
- 7 Reduce the heat to simmer gently for 15-20 min, until the sweet potato is easily squashed with a fork.
- 8 Add dash of oil to saucepan and gently toast the rice. Add 2 cups of boiling water, cover and simmer for 15 mins. Remove from heat and leave to one side for another 15 mins with lid on, then fluff up with a fork!
- 9 Blend the curry mixture until very smooth- this might take time! If too thick, add a little more veg stock.
- 10 Cut the carrots & cucumber carefully into ribbons, add the pepper & sweet chilli sauce. Stir!
- 11 Slice the chicken into fingers and top with the sauce.
- 12 Plate up with rainbow ribbons and perfect rice!