



Chicken Katsu Curry

Ingredients

- 1 tablespoon sunflower or vegetable oil
- 1 large onion, roughly chopped
- 1 Medium carrot, peeled and chopped
- 2 Cloves garlic, crushed
- 2 teaspoons root ginger, finely grated
- 1 tablespoon Curry Powder
- 1 tablespoon Plain Flour
- 250 ml Chicken stock
- 50 g Maggi Coconut Milk Powder
- 3 drops Maggi Liquid Seasoning (per 100ml)
- 400 g Chicken mini fillets
- 1 tablespoon Plain Flour
- 1 large large eggs, lightly beaten
- 100 g Japanese panko breadcrumbs
- 3 tablespoons sunflower or vegetable oil
- 0.5 bunch coriander leaves
- 1 Medium Cucumber, peeled into ribbons
- 2 Mediums carrots, peeled into ribbons
- 2 tablespoons Lime Juice

Instructions

1. Heat the oil in a large pan and fry the onion for 5 minutes until softened. Add the carrots, garlic and ginger and fry for a further minute or two until aromatic. Reduce the heat, add the curry powder and 1tbsp plain flour and mix well, then slowly add the chicken stock, stirring until combined and thickened.
2. Mix the coconut powder with 200ml boiling water and mix until smooth. Pour into the sauce. Add a splash of liquid seasoning then bring to the simmer for 10 minutes. Blend the sauce in a food processor or with a stick blender until smooth.
3. Tip 1tbsp plain flour onto a plate, a beaten egg onto another and the breadcrumbs onto a baking tray.
4. Coat the chicken fillets in flour, shake off the excess, then dip into the beaten egg to coat and shake off any excess. Put the chicken into the breadcrumbs and turn gently so that each piece is evenly coated.
5. Heat the oil in a large frying pan over a medium heat. Add half of the chicken pieces and cook for about 3 minutes on each side, or until golden. Remove from the pan and keep warm while you fry the remaining chicken. Then serve with the rice, cucumber and carrot ribbons, sauce and lime squeezed over if you like!

Nutrition

Carbohydrate	40.64 g
Energy	547.03 kcal
Fat	28.57 g
Fibre	4.52 g
Protein	32.1 g
of which: saturates	10.03 g
Sodium	460.86 mg
of which: sugars	8.25 g

35 Minutes

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