



CHICKEN KATSU CURRY

with Jasmine Rice



HELLO CORNFLOUR

This is known as cornstarch in America



Carrot



Garlic Clove



Panko Breadcrumbs



Chicken Breast



Mayonnaise



Jasmine Rice



Mild Curry Powder



Cornflour



Chicken Stock Powder

MEAL BAG



Hands on: **15** mins
Total: **35** mins



Family Box



... of your
5 a day



Little heat

19

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug**, two **Large Saucepans** (one with a **Lid**), **Fine Grater** (or **Garlic Press**), **Baking Paper** and **Baking Tray**. Now, let's get cooking!



1 DO THE PREP

Preheat your oven to 200°C. Pour the **water** for the rice (see ingredients for amount) into a large saucepan and put on to boil. Trim the **carrot** (no need to peel), then halve lengthways and slice into thin half moons. Peel and grate the **garlic** (or use a garlic press). Pop the **panko breadcrumbs** into a small bowl and add the **olive oil** (see ingredients for amount). Mix well to coat the **crumbs** and keep to one side.



2 CRUMBS!

Place the **chicken breasts** onto a lined baking tray and season with **salt** and **pepper**. Smear a thin layer of **mayonnaise** on the top side of each **chicken breast**. Carefully sprinkle the **panko breadcrumbs** over the **mayo** and press gently to ensure they stay on. Bake on the top shelf of your oven until the **crumbs** are golden and the **chicken** is cooked, 18-20 mins. **! IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



3 COOK THE RICE

When the pan of **water** is boiling, add a pinch of **salt**, pour in the **jasmine rice** and stir well. Cover with a lid and lower the heat to medium. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. **★ TIP:** *The rice will finish cooking in its own steam.*



4 START THE CURRY

Meanwhile, heat a splash of **oil** in another large saucepan over medium heat. Add the **carrot** and cook, stirring frequently until softened, 6-7 mins. Add the **garlic** and **mild curry powder** and cook for 1 minute more. Meanwhile, in a measuring jug, mix the **cornflour** with the **water** (see ingredients for amount). Pour the mixture into the pan and bring to the boil stirring continuously.



5 SIMMER THE CURRY

When the **curry sauce** comes to the boil, lower the heat to medium. Stir in the **stock powder** to dissolve. Simmer until the **carrot** is soft and the **sauce** is nice and thick, stirring frequently 7-8 mins.



6 FINISH AND SERVE

Once the **chicken** is ready, transfer to a chopping board and allow to rest for 2 mins, then thinly slice. Fluff the **rice** up with a fork and share between your plates. Taste the **curry sauce** and add **salt** and **pepper** to your liking. Place the **chicken** alongside the **rice** and pour the **curry sauce** over the **rice, katsu style**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Carrot	1	2	2
Garlic Clove	½	1	1
Panko Breadcrumbs 13)	25g	50g	50g
Olive Oil*	½ tbsp	1 tbsp	1 tbsp
Chicken Breast	2	3	4
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets
Jasmine Rice	150g	225g	300g
Mild Curry Powder	1 small pot	1 large pot	1 large pot
Cornflour 13)	½ pot	1 pot	1 pot
Water for the Curry*	200ml	300ml	400ml
Chicken Stock Powder	½ pot	1 pot	1 pot

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 581G	PER 100G
Energy (kcal)	682	117
(kJ)	2853	491
Fat (g)	20	3
Sat. Fat (g)	3	1
Carbohydrate (g)	78	13
Sugars (g)	5	1
Protein (g)	47	8
Salt (g)	0.79	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

8) Egg 9) Mustard 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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