



Turkey Katsu Curry

with Star Anise Rice



HELLO PANKO BREADCRUMBS

These Asian style breadcrumbs are larger and flakier than normal crumbs for a crispier finish.



Onion



Garlic Clove



Carrot



Turkey Steak



Crème Fraîche



Panko Breadcrumbs



Water for the Rice



Star Anise



Chicken Stock Pot



Basmati Rice



Curry Powder



Plain Flour



Water for the Sauce



Honey



Soy Sauce



Baby Spinach

40 mins

2.5 of your 5 a day

Medium Heat

Weirdly, the Japanese consider curry to be a Western dish. It was introduced to them in the 19th century by the British who had, of course, adopted it from India. No doubt that the Japanese have made it their own. Katsu curry is practically a national dish and we can see why. Sweet-spicy sauce over golden breadcrumb meat hits the spot every time.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Peeler**, some **Clingfilm**, a **Rolling Pin**, two **Shallow Bowls**, a **Measuring Jug**, two **Large Saucepans** (with **Lids**) and a **Frying Pan**. Now, let's get cooking!



1 DO THE PREP

Halve, peel and thinly slice the **onion** into half moons. Peel and grate the **garlic** (or use a garlic press). Peel the **carrot** and remove the top and bottom, then cut in half lengthways and slice into thin half moons. Put the **turkey steaks** between two sheets of clingfilm and bash with a rolling pin until 1cm thick. Tip the **crème fraîche** in one shallow bowl with a pinch of **salt** and **black pepper** and the **panko breadcrumbs** in another.



2 COOK THE RICE

Pour the **water** (amount specified in the ingredient list) into a large saucepan on high heat with the **star anise** and half the **chicken stock pot**. Once the water is boiling, add the **basmati rice** and stir. Bring back to the boil, pop a lid on the pan, turn the heat to medium-low and cook for 10 mins. Remove the pan from the heat and leave for another 10 mins with the lid on. **★ TIP:** *The rice will finish cooking in its own steam.*



3 START THE SAUCE

Put a splash of **oil** in another large saucepan on medium heat and add the **onion**. Cook until soft, 5 mins. Then add the **carrot**, a pinch of **salt** and a good grind of **black pepper**. Stir and cook for a further 5 mins. Add in the **garlic**, **curry powder** and **flour**. Stir and cook for 1 minute more.



4 FINISH THE SAUCE

Add the **water** to the pan (amount specified in the ingredient list) along with the remaining **chicken stock pot**, the **honey** and **soy sauce**. Stir continuously and bring to a simmer. Cook until the **sauce** is thick and the **carrots** are tender, 10 mins. Take off the heat, stir in the **baby spinach** and allow it to wilt. Pop a lid on and set aside.



5 LET'S TALK TURKEY!

Meanwhile, spread each **turkey steak** with a spoonful of the seasoned **crème fraîche**. You want a thin layer on each side, just enough so the **breadcrumbs** can stick. Transfer the **turkey** to the bowl of **breadcrumbs** and coat both sides. Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, lay in the **turkey** and cook until golden brown on one side, 3-4 mins. Turn carefully and cook the other side, another 3-4 mins.



6 FINISH AND SERVE

Once the **turkey** is ready, carefully transfer it to a chopping board. **★ TIP:** *The turkey is cooked when it is no longer pink in the middle.* Leave for a couple of mins then slice into 1cm wide strips. Remove the **star anise** from the **rice** and fluff it up with a fork. Serve in bowls with the **curry sauce** spooned over and the **turkey slices** on top. **Enjoy!**

2 PEOPLE INGREDIENTS

Onion, sliced	1
Garlic Clove, grated	2
Carrot, sliced	2
Turkey Steak	2
Crème Fraîche 7)	1 small pot
Panko Breadcrumbs 1)	50g
Water for the Rice*	300ml
Star Anise	1
Chicken Stock Pot	1
Basmati Rice	150g
Curry Powder 10)	1½ tsp
Plain Flour 1)	24g
Water for the Sauce*	300ml
Honey	1 tbsp
Soy Sauce 1) 6)	1½ tbsp
Baby Spinach	1 small bag

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	804	134
(kJ)	3396	567
Fat (g)	19	3
Sat. Fat (g)	12	2
Carbohydrate (g)	116	319
Sugars (g)	27	4
Protein (g)	45	8
Salt (g)	5.40	0.90

ALLERGENS

1)Gluten 6)Soya 7)Milk 10)Mustard

Soy Sauce Ingredients: Water, Soybeans, Salt, Sugar, Wheat Flour, Preservative E211, Food Colouring E150d

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

👍 THUMBS UP OR THUMBS DOWN?

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