

DINNERLY



Fan Fave: Chicken Katsu with Creamy Curry Sauce and Zucchini Rice



30 minutes



2 Servings

We're not here to play faves – that's your job! By popular demand, we're repeating this fab 'fan-fave' recipe so you can love it (and eat it!) one more time. Keep telling us about the dishes you fell in love with by rating them in your account, so we can keep on bringing them back.

WHAT WE SEND

- 150g Japanese rice
- 1 zucchini
- 40g panko breadcrumbs ^{2,3}
- chicken breast fillet
- 10g Malaysian mild curry powder
- 200ml coconut milk

WHAT YOU NEED

- 1 egg ¹
- 2 tbs plain flour ^{2,3}
- 3 tsp white vinegar
- ½ tsp sugar
- 2 tbs vegetable oil

TOOLS

- small saucepan with lid
- box grater
- large frypan
- paper towel

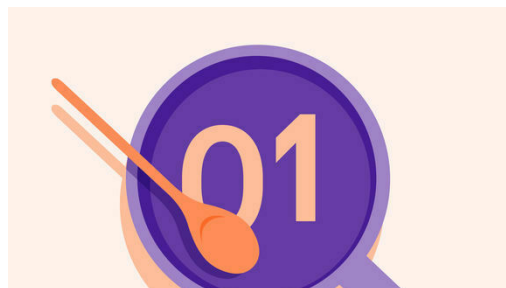
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Egg (1), Gluten (2), Wheat (3). May contain traces of other allergens.

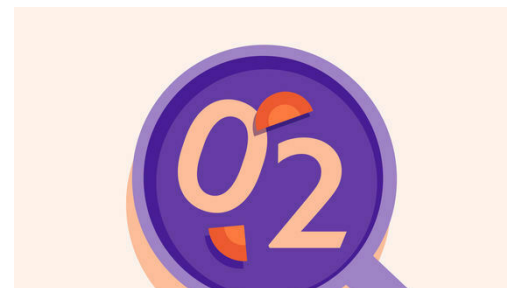
NUTRITION PER SERVING

Energy 920kcal, Fat 42.1g, Carbs 85.0g, Protein 47.8g



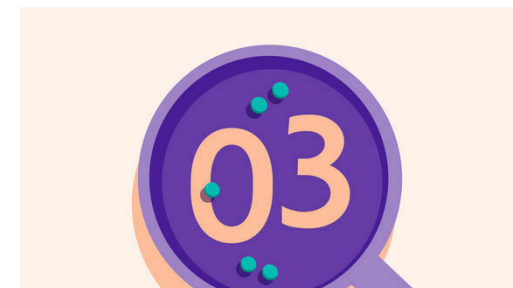
1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat.



2. Prep ingredients

Meanwhile, coarsely grate the **zucchini**. Whisk **1 egg** in a shallow bowl. Put the **breadcrumbs** and **2 tbs plain flour** in separate shallow bowls. Put the **chicken** flat on a board, put your hand on top and halve horizontally into fillets.



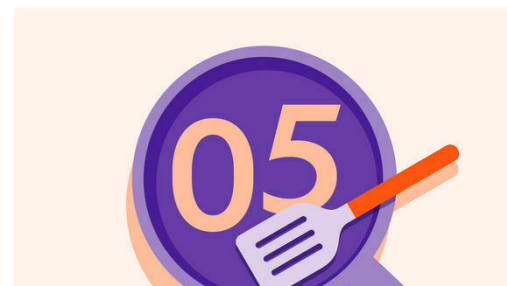
3. Crumb chicken katsu

Add the **zucchini**, **3 tsp white vinegar** and **½ tsp sugar** to the rice, then season with **salt and pepper**. Stand, covered, for at least 5 mins. Meanwhile, dust the **chicken** in the **flour**, shake off the excess, then dip in the **egg** and coat in the **breadcrumbs** (see Kitchen 101).



4. Pan-fry chicken katsu

Heat **2 tbs vegetable oil** in a large frypan over medium heat. Cook the **chicken** for 2-3 mins each side until golden and cooked through. Drain on paper towel. Wipe the pan clean. Heat the pan over medium-low heat, add the **curry powder** and **half the coconut milk** and cook, stirring regularly, for 1-2 mins until smooth and thickened.



5. Finish and serve up

Add the **remaining coconut milk** to the curry sauce and cook for a further 1-2 mins until just coming to the boil. Taste, then season with **salt and pepper**. Remove the pan from the heat. Divide the **zucchini rice** and **chicken katsu** among bowls, spoon over the **curry sauce** and enjoy!



6. Kitchen 101

When crumbing, limit the mess by using one hand to coat the chicken with the egg and the other hand to coat with the dry ingredients.