

Katsu curry

Ingredients (serves 2)

2 chicken breasts
1 onion
1 garlic clove
1 thumb-sized piece of ginger
1 carrot
Plain flour as needed
1 egg
2 tbsp brown sugar
1 tbsp soy sauce
500ml chicken stock
Panko breadcrumbs
1 tbsp curry powder
1 tsp chili powder
1 green onion, sliced
Handful of coriander
Sticky (sushi) rice, cooked according to package instructions
Vegetable oil
Salt and pepper

Instructions

1. Chop the onion, garlic, ginger and carrot. In a saucepan on medium heat, add a splash of oil and cook the veggies until they begin to soften. Add then the curry and chili powder and a tablespoon of plain flour. Continuously stirring, add half of the chicken stock.
2. Once no flour lumps are visible add the rest of the stock. Let the sauce bubble until it is reduced by a third or it becomes thick but silky, about 15-20 min. Stir in the soy sauce and sugar, and remove from the heat. Using a blender, liquefy until smooth. Reserve and keep it warm.
3. Using cling film and a rolling pin, flatten the chicken breasts until about 2cm thick. Then set three saucers: one with flour (seasoned with salt and pepper), another with beaten egg, and one with the panko breadcrumbs. Coat each chicken breast on all sides first with flour, then egg and finally the crumbs.
4. On a medium heat add a splash of vegetable oil. Fry the chicken for 3-4 min on each side, until golden brown. Let it rest for a minute on kitchen paper to collect any excess oil.
5. Slice the chicken at an angle, and serve with the curry sauce and sticky rice. Garnish with coriander and green onion.