



SHOPPING LIST

- 1x** White Onion
– finely diced
- 1x** Carrot – grated
- 2 tsp** Garlic Puree
- 2 tsp** Ground Cumin
- ¾ tsp** Ground Turmeric
- 1 tsp** Ground Coriander
- 1 tsp** Ground Ginger
- ½ tsp** Curry Powder
- 2 tsp** Tomato Puree
- 100ml** Tomato Passata
- 200ml** Coconut Milk
- 10g** Vegetable Bouillon
- 200ml** Water
- 2 tsp** Cornflour
- Pinch** of Salt and Pepper
- 4x** Breaded Chicken Breasts

PLAYER MENU

TEAM:
RIQLAR

**Katsu
Chicken Curry**

METHOD

- 1.** To make the katsu sauce, fry the diced onions and grated carrot with all the spices on a medium heat until soft.
- 2.** Add tomato puree and water and stir well.
- 3.** Add passata and coconut milk and simmer for 5 minutes.
- 4.** Mix the vegetable bouillon with a small amount of water and add to the saucepan.
- 5.** Add the cornflour to thicken the mixture to a dip-like consistency.
- 6.** If you have a stick blender, you could blend the sauce to a smoother consistency should you prefer.
- 7.** Meanwhile, cook the breaded chicken according to packet instructions.
- 8.** Serve the katsu sauce with steamed rice, sliced breaded chicken and salad or a zingy slaw!

SERVES 4

**Active
Canaries**

Strategic
partnership



norse
group

