

Katsu Curry – serves 4



Recipe provided by

**Rupert Lynch, Executive Chef & Client Relationship Manager
at allmanhall**

Ingredients - serves 2

- rapeseed oil or vegetable oil
- 2 onions, chopped
- 2 large carrots, chopped, plus 1 peeled into ribbons
- 2 garlic cloves, crushed
- thumb-sized piece ginger, peeled and grated or finely chopped
- 1 tbsp curry powder, mild or medium depending on your spice tolerance
- ½ tsp ground turmeric
- 400ml coconut milk
- 250g rice
- 1 Large cucumber
- Handful mint leaves
- 1 lime
- Cornflour
- 300g 'Loveiseitan Chyckn Bites' or firm natural tofu
- 200g breadcrumbs
- 400ml can coconut milk
- 2 tsp maple syrup (or use honey if not cooking for vegans)

Method

- First, make the curry sauce. Heat 1 tbsp oil in a pan, cook the onions and chopped carrots until the onions are soft and starting to caramelise, about 8 mins. Add the garlic and ginger and sizzle for another 30 secs, then stir in the curry powder and turmeric. Once the spices are warmed through, add the coconut milk, maple syrup or honey and 100ml water. Season well, cover and simmer over a low heat for 20 mins.
- Now make the katsu. In a wide bowl, mix the cornflour with 4 tbsp water and some seasoning. Dip tofu or seitan into the flour. Place the breadcrumbs in another bowl and dip the tofu or seitan in it, turning until well coated.
- When the onions and carrots in the curry sauce are soft, blitz using a hand or table-top blender. If the sauce is too thick, add a little more water, check the seasoning, adding more salt, maple syrup or some lime juice, if you like. Keep warm.
- Heat the oil in a frying pan and cook the tofu for 4-5 mins on each side until golden and cooked through. Cook the rice and divide between bowls. Top with the curry sauce, katsu chicken or tofu, and serve with the cucumber, carrot ribbons, herbs and lime wedges.