



# Katsu Chicken Curry

with broccoli, coriander and chilli

30 – 35 mins • Egg(s) not included

9



Chicken Breast



Breadcrumbs



Korma Curry Paste



Honey



Aioli



Chilli



Coriander



Broccoli



Rice



Garlic

Pantry Items: Egg, Salt, Pepper, Oil, Water



Rate your recipe!



## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Grater, pan with lid, pot with lid

## Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Breadcrumbs	1 pack	2 packs
Korma Curry Paste	1 sachet	2 sachets
Honey	2 sachets	4 sachets
Aioli	1 sachet	2 sachets
Chilli	1 unit	2 units
Coriander	5 g	10 g
Broccoli	1 unit	1 unit
Rice	150 g	300 g
Garlic	1 unit	2 units

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>480.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	3594.1 kJ/ 859 kcal	748 kJ/ 178.8 kcal
Fat (g)	29.7 g	6.2 g
Sat. Fat (g)	4.3 g	0.9 g
Carbohydrate (g)	97.1 g	20.2 g
Sugars (g)	13.3 g	2.8 g
Protein (g)	57 g	11.9 g
Salt (g)	2.4 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Share your creations with #HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



You can recycle me!



### Cook the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover, and cook for 10 mins.
- Once cooked, remove the pot from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



### Crumb the Chicken

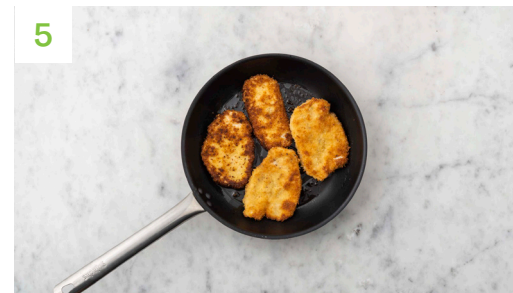
- Beat one **egg** (double for 4p) in a medium bowl.
- Add the **breadcrumbs** to another bowl. Season with **salt** and **pepper**.
- Place a hand on top of the **chicken**. Slice horizontally to make two thin **steaks**. Season with **salt** and **pepper**.
- Dip the **chicken** in the **egg**, then the **breadcrumbs**. **IMPORTANT:** Wash hands and equipment after handling raw chicken.

**TIP:** Notice a stronger smell from your chicken? This is normal due to packaging used to keep it fresh.



### Get Prepped

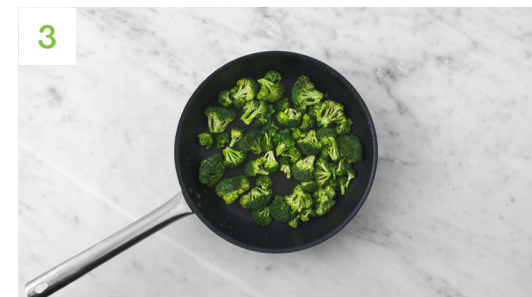
- Trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **coriander** (stalks and all).
- Halve the **chilli** and discard the core and seeds. Finely chop.
- In a small bowl, create the katsu sauce by mixing the **honey**, **korma paste** and **aioli**.



### Fry the Chicken

- Return the pan to high heat with just enough **oil** to cover the bottom.
- Once hot, carefully lay the **chicken** into the pan.
- Reduce the heat to medium-high and fry until golden brown and cooked through, 8-10 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle. Cook in batches if the pan is too crowded.
- Turn every 2-3 mins, adjusting the heat if necessary.

**TIP:** Allow the oil to heat for 2-3 mins before adding the chicken.



### Pan-fry the Broccoli

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **broccoli** and fry for 2-3 mins.
- Stir in the **garlic**, lower heat to medium and cook for 1 min.
- Add a splash of **water** and cover with a lid or some foil. Cook until tender, 4-5 mins.
- Remove from the pan, set aside and cover to keep warm.

**TIP:** Reserve pan for later use.



### Finish and Serve

- Remove the **chicken** from the oven and thinly slice.
- Fluff up the **rice** with a fork and divide between plates.
- Top with the crumbed **chicken** and pan-fried **broccoli**.
- Drizzle the katsu sauce over the **chicken** and **rice**.
- Finish with a scattering of chopped **coriander** and **chilli** (use less if you don't like spice).

Enjoy!