



# Katsu Chicken and Bacon Loaded Fries

with cabbage slaw

40 – 45 mins • Egg(s) not included

22



Irish Chicken Breast



Irish Bacon Lardons



Breadcrumbs



Grated Cheese



Aioli



Korma Curry Paste



Scallion



Chilli



Carrot



Honey



Cabbage



Potatoes

Pantry Items: Egg, Salt, Oil, Pepper



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.

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

## Cooking tools you will need

Baking sheet with baking paper, grater, oven dish

## Ingredients

	2P	4P
Irish Chicken Breast	320 g	640 g
Irish Bacon Lardons	100 g	200 g
Breadcrumbs	1 pack	2 packs
Grated Cheese	50 g	100 g
Aioli	2 sachets	4 sachets
Korma Curry Paste	1 sachet	2 sachets
Scallion	2 units	4 units
Chilli	1 unit	2 units
Carrot	1 unit	2 units
Honey	2 sachets	4 sachets
Cabbage	1 unit	2 units
Potatoes	600 g	1200 g

## Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	576 kJ/ 138 kcal
Fat (g)	7.2 g
Sat. Fat (g)	1.7 g
Carbohydrate (g)	11.5 g
Sugars (g)	2.7 g
Protein (g)	7.7 g
Salt (g)	0.5 g

See site or app for detailed nutritional info.

## Allergens

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

## Contact

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## Make the Chips

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** lengthways into 1cm slices, then into 1cm wide chips (peeling optional).
- Pop the chips onto a large (lined) baking tray.
- Drizzle with **oil**, season well with **salt** and **pepper**, then toss to coat. Spread out in a single layer.
- When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn the tray halfway through.

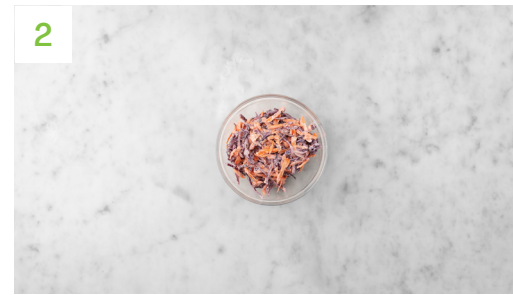
**TIP:** Use two baking trays if necessary.



## Fry the Chicken

- When the chips have 10 mins left to go, place a large pan over high heat with enough **oil** to coat the bottom.
- Once hot, carefully lay the **chicken** into the pan and fry until golden brown, 2-3 mins on each side. Adjust the heat if necessary.
- Once the crumb is golden, set the **chicken** aside.
- Discard the **oil** from the pan.

**TIP:** You want the oil to be hot enough that the chicken fries properly.



## Coat the Cabbage

- In a small bowl mix **half** the **aioli** with the **honey** and **korma paste**. Set aside.
- Halve the **cabbage**, cut out and discard the tough core, then thinly slice.
- Trim the **carrot**, then coarsely grate (no need to peel).
- Mix the remaining **aioli** with the **carrot** and **cabbage**. Season to taste with **salt** and **pepper**.



## Load the Chips

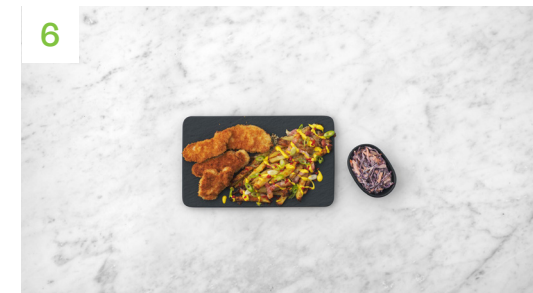
- Once the chips are ready, push them together on the tray.
- Top with the **chicken** then sprinkle over the **cheese** and **bacon**.
- Place on the top shelf of the oven until the **chicken** and **bacon** are cooked and **cheese** is melted, 10-15 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Meanwhile, trim and thinly slice the **scallion**.
- Halve the **chilli** and discard the core and seeds. Finely chop.



## Crumb the Chicken

- Beat 1 **egg** (per 2P) in a bowl. In another bowl, season the **breadcrumbs** with **salt** and **pepper**.
- Lay the **chicken** out on a board and slice into 2cm strips. Season with **salt** and **pepper**.
- Dip the **chicken** first in the **egg** and then the **breadcrumbs**, ensuring it's coated. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.

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



## Dish Up

- When everything is ready, drizzle the korma curry sauce over the loaded chips.
- Top with the **scallion** and **chilli** (use less if you don't like spice).
- Let everyone help themselves to the loaded chips at the table.
- Serve the **cabbage** and **carrot** slaw alongside.

**Enjoy!**