

for the
little onesChicken Nuggets &
Sushi Rice Balls

Chicken Katsu Curry

Crunchy panko coated chicken nuggets served with sticky sushi rice and a yummy mild katsu curry sauce.



35 Minutes



4 Servings



Chicken

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FROM YOUR BOX

SUSHI RICE	300g
BROWN ONION	1
CARROT	1
GARLIC CLOVE	1
RED APPLE	1
PANKO CRUMBS	80g
CHICKEN SCHNITZELS	600g
LEBANESE CUCUMBERS	2
RED CAPSICUM	1

FROM YOUR PANTRY

oil / butter for cooking, salt, pepper, curry powder, soy sauce, flour (of choice)

COOKING TOOLS

saucepan x 2, large frypan, stick mixer

You can transform this dish (or leftovers) into chicken sushi!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option - panko crumbs are replaced with GF cornflakes (2x40g tubs). Crush to use.



1. COOK the Sushi Rice

Rinse sushi rice and place in a saucepan with **650ml water**. Bring to a boil, then reduce the heat to medium-low. Cover and cook for 20 minutes, until rice is tender and water absorbed. Fluff with a fork.

tip Use a rice cooker if you have one.



2. SIMMER the Sauce

Dice onion and carrot. Add to a saucepan with **oil** and cook over medium heat for 3 minutes. Crush in garlic and add **2 tsp curry powder**. Pour in **2 cups water and 1 tbsp soy sauce**. Roughly grate and add apple. Simmer for 15 minutes.



3. PREPARE the Chicken

Arrange panko crumbs on a plate or sheet of baking paper. Slice chicken into nuggets of desired size (we cut each schnitzel into quarters). Coat in **oil** and season with **salt and pepper**.



4. COOK the Chicken

Heat a large frypan with **oil/butter** over medium heat. Press chicken into crumbs to coat. Cook, in batches, for 3-5 minutes on each side or until golden and cooked through.

tip We used a combination of oil and butter for cooking. Ensure it covers the whole base of the frypan.



5. FINISH the Sauce + GARNISH

Mix **1 tbsp flour** with **1 tbsp water** and stir into sauce. Allow to thicken then blend using a stick mixer until smooth. Adjust seasoning with **salt and pepper** to taste.

tip You can leave the sauce chunky if you prefer!



6. FINISH AND SERVE

Slice cucumbers and capsicum.

Serve chicken nuggets with rice, fresh cucumber, capsicum and katsu curry sauce to taste.