




Product Spotlight: Quinoa Flakes


Quinoa flakes are quinoa that has been steam-rolled! Great used in muesli, pancakes or baked goods, or as a nutritious gluten-free alternative to breadcrumbs.



Quinoa Katsu Chicken with Japanese Curry

Crispy quinoa-crusted chicken schnitzels served with a mild, veggie-packed Japanese curry, fresh shredded cabbage, and chives for a wholesome twist on a comfort classic.

 35 minutes

 2 servings

 Chicken

Switch it up!

No stick mixer? No problem — skip the blending and enjoy a rustic-style curry. Try stirring in a spoonful of peanut butter for extra richness. You can also mix the cabbage into the curry for a warm slaw-style twist.

Per serve: **PROTEIN** 30g **TOTAL FAT** 21g **CARBOHYDRATES** 52g

FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
CARROT	1
SWEET POTATO	400g
TOMATO	1
CHICKEN STOCK PASTE	1 small jar
QUINOA FLAKES	40g
CHICKEN SCHNITZELS	300g
GREEN CABBAGE	1/4
CHIVES	1 bunch

FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder (see notes), cornflour, apple cider or white wine vinegar

KEY UTENSILS

2 saucepans, frypan, stick mixer (optional, see cover page)

NOTES

Some curry powders can pack a punch! Use to taste if you prefer a milder heat level.

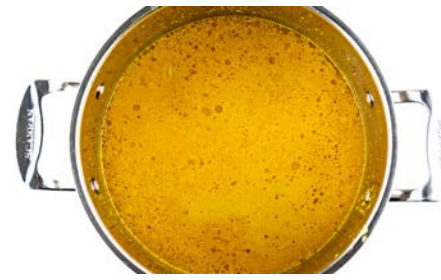
Roughly chop the cabbage and add it to the curry if desired.

Season the curry with 1/2 tsp maple syrup if desired.



1. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. MAKE THE CURRY SAUCE

Heat **oil** in a saucepan over medium heat. Dice **onion** and grate **carrot**, then add to the pan and sauté for 5 minutes until softened. Stir in **2 tbsp cornflour** mixed with **1 cup water**, then add **2–3 tsp curry powder** and another **1 cup water**. Blend with a stick mixer until smooth (optional).



3. SIMMER THE CURRY

Dice **sweet potato** and **tomatoes** into bite-sized pieces. Add to curry with **stock paste**. Simmer, semi-covered, for 15 minutes or until potato is tender.



4. COAT & COOK THE CHICKEN

Meanwhile, arrange **quinoa flakes** on a plate. Coat **chicken** with **oil, salt and pepper**. Press into quinoa flakes to coat. Heat a large frypan with **oil** over medium-high heat. Cook chicken for 4–5 minutes on each side or until golden and cooked through.



5. PREPARE THE TOPPINGS

Thinly slice **cabbage** (see notes). Add to a large bowl along with **3 tbsp vinegar**. Toss to dress.

Thinly slice **chives** and set aside.



6. FINISH AND SERVE

Slice **chicken** and season the **curry** to taste with **salt** and **pepper** (see notes). Spoon **rice** into bowls, ladle over curry, and top with chicken and cabbage. Sprinkle with **chives** to serve.



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