



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

Quinoa flake-crumbed chicken schnitzels served over a flavourful, mild Japanese curry loaded with veggies and served with fresh sliced cabbage and chives.



35 minutes



4 servings



Chicken

Skip it!

If you don't have a stick mixer to blend the curry sauce, or can't be bothered, fear not! Skip the blending; your curry will be just as flavourful.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	17g	83g

FROM YOUR BOX

BASMATI RICE	300g
BROWN ONION	1
CARROT	1
SWEET POTATO	400g
TOMATOES	2
CHICKEN STOCK PASTE	1 small jar
QUINOA FLAKES	80g
CHICKEN SCHNITZELS	600g
GREEN CABBAGE	1/4
CHIVES	1 bunch

FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder (see notes), cornflour, apple cider 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.



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1. COOK THE RICE

Place rice in a saucepan, cover with **600ml water**. Cover with a lid and bring to a boil. Reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. MAKE THE CURRY SAUCE

Heat a saucepan with **oil** over medium-high heat. Dice onion and grate carrot, add to pan as you go and sauté for 5 minutes.

Mix **2 tbsp cornflour** with **1 cup water**. Add to pan with **3 tsp curry powder** and **1 cup water**. Use a stick mixer to blend until smooth.



3. SIMMER THE CURRY

Bring curry sauce to a simmer. Dice and add sweet potato and tomatoes with 1/2 jar stock paste. Cook, semi-covered, for 15 minutes or until sweet 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 curry to taste with **salt and pepper** (see notes).

Divide rice among bowls. Ladle over curry and serve with chicken and fresh cabbage. Garnish with chives.

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