



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.



Katsu Curry

with Pickled Vegetables

This Japanese Katsu Curry features oven-baked crispy crumbed eggplant, flavourful Japanese curry, with lentils for added protein, and a fresh, tangy topping of pickled cabbage and carrot.



35 minutes



2 servings



Plant-Based

Skip it!

If you want to skip blending the curry sauce, you can! Simply dice the onion and crush garlic before adding to the saucepan.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	3g	117g

FROM YOUR BOX

SUSHI RICE	150g
QUINOA FLAKES	40g
MEDIUM EGGPLANT	1
BROWN ONION	1
GARLIC CLOVE	1
RED LENTILS	70g
VEGETABLE STOCK PASTE	1 jar
CARROT	1
SHREDDED CABBAGE	250g
CHIVES	1 bunch

FROM YOUR PANTRY

oil for cooking, salt, pepper, white wine vinegar, sugar of choice, curry powder, cornflour

KEY UTENSILS

2 saucepans, oven tray, stick mixer

NOTES

White pepper is a great alternative to cracked black pepper, particularly in Japanese and Chinese dishes. It has a milder flavour and is easier to hide from fussy eaters.

What to add more? Try shredded seaweed nori sheets, sesame seeds, dried chilli flakes, sliced pickled radish or edamame beans.



1. COOK THE RICE

Set oven to 220°C.

Rinse **sushi rice**. Place in a saucepan with **350ml water**. Cover and bring to a boil. Reduce heat immediately to medium-low. Cook, semi-covered, for 20 minutes until **rice** is tender and water is absorbed.



2. CRUMB THE EGGPLANT

Add **2 tbsp cornflour**, **3 tbsp water**, **salt and pepper** (see notes) to a bowl, whisk to combine. Spread **quinoa flakes** on a plate. Slice **eggplant** into 3cm pieces. Dip **eggplant** into **flour mix**, then press into **quinoa flakes**.



3. COOK THE EGGPLANT

Place **eggplant** on a lined oven tray. Drizzle with **oil** and bake for 20-25 minutes until golden and crispy. Season with **salt and pepper**.



4. MAKE THE CURRY SAUCE

Roughly chop **onion** and **garlic**. Add to a saucepan over medium-high heat with **oil**. Sauté for 3 minutes to soften **onion**. Add **lentils**, **stock**, **2 tsp curry powder** and **1 1/2 cups water**. Simmer, semi-covered, for 10 minutes or until **lentils** are tender. Use a stick mixer to blend to smooth consistency. Season to taste with **pepper**.



5. PREPARE THE TOPPINGS

Julienne **carrot**. Add to a bowl as you go along with **cabbage**, **2 tbsp vinegar**, **1 tsp sugar** and **1 tsp salt**. Toss to combine. Thinly slice **chives** and set aside.



6. FINISH AND SERVE

Divide **rice** among shallow bowls. Spoon in **curry sauce** and add **eggplant**. Add **toppings** and garnish with **chives** (see notes).



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