

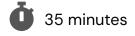




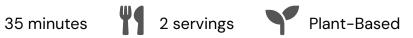
Katsu Curry

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.







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.

TOTAL FAT CARBOHYDRATES

21g

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).

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0448 042 515 or send an email to hello@dinnertwist.com.au



