



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



4/6 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
	22g	3g	121g

FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	150g + 300g
QUINOA FLAKES	1 tub	2 tubs
MEDIUM EGGPLANTS	2	3
BROWN ONION	1	1
GARLIC CLOVES	2	3
RED LENTILS	150g	150g + 70g
VEGETABLE STOCK PASTE	2 jars	2 jars
SHREDDED CABBAGE	500g	500g
CARROT	1	2
CHIVES	1 bunch	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 **650ml 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.

6P – use 1L water.



4. MAKE THE CURRY SAUCE

Chop **onion** and **garlic**, then sauté in **oil** over medium-high heat for 3 mins. Add **lentils, stock, 3 tsp curry powder** and **3 cups water**. Simmer semi-covered 10 mins until **lentils** are tender, then blend smooth. Season to taste with **pepper**.

6P – add 4 tsp curry powder and 1L water.



2. CRUMB THE EGGPLANT

Add **3 tbsp cornflour, 1/4 cup 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**.

6P – add 4 tbsp cornflour, 1/3 cup water.



5. PREPARE THE TOPPINGS

Julienne **carrot**. Add to a bowl as you go along with **cabbage, 3 tbsp vinegar, 1 tsp sugar** and **1 tsp salt**. Toss to combine. Thinly slice **chives** and set aside.



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**.



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**

