

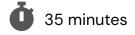




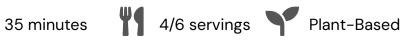
## **Katsu Curry**

### 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

22g

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.





#### 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**.



#### 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.



#### 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



