



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Black rice


Forbidden Black Rice has a delicious nutty taste & magical aromas, as well as superior health benefits that make it a new alternative to white and brown rice



2 Chicken Katsu with Black Rice & Curry Sauce

Crunchy cornflake coated chicken schnitzels paired with fragrant black rice, dressed salad and a sweet curry dipping sauce.

 25 minutes

 2 servings




 Chicken

16 July 2021

Grill the chicken

Skip the crumbs and rub the chicken with oil, smoked paprika and thyme. Cook on barbecue or in a grill pan for a lovely smokey bbq flavour. Pairs well with the black rice, alternatively roasted sweet potatoes, and the dipping sauce.

FROM YOUR BOX

BLACK RICE	1 tub (150g)
BROWN ONION	1/2 *
CARROT	1
STOCK PASTE	1/2 jar *
CORNFLAKES (GF)	1 packet (50g)
CHICKEN SCHNITZELS 	300g
ROCKET & SPINACH LEAVES	1/2 bag (60g) *
AVOCADO	1
 CAULIFLOWER	1/2 *
 AIOLI	50g

*Ingredient also used in another recipe

FROM YOUR PANTRY


olive oil + oil/butter for cooking, salt, pepper, red or white wine vinegar (optional), curry powder, sugar/honey, corn or plain flour. Veg option: soy sauce

KEY UTENSILS

saucepan, small saucepan, frypan

NOTES

Add butter as well as oil to the pan when cooking chicken to give the chicken a nice golden colour!

 **VEG OPTION** - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse with cold water.

 **VEG OPTION** - Set oven to 220°C.




2. SIMMER THE SAUCE

Heat a small pan with **oil** over medium heat. Dice onion and grate carrot, add to pan and sauté for 3 minutes. Add **2–3 tsp curry powder, 1 tsp sugar, 1 tbsp flour** and stock paste. Stir in **2 cups water** and simmer, uncovered, for 10 minutes.



3. PREPARE THE CHICKEN

Crush the cornflakes to resemble a crumb. Coat chicken with **oil, salt and pepper**. Press into cornflakes to coat.

 **VEG OPTION** - Cut cauliflower into small florets. Coat with aioli and 1/2 tbsp soy sauce on a lined oven tray. Crush cornflakes to resemble a crumb. Toss with cauliflower until coated. Bake in oven for 15–20 minutes or until tender.



4. COOK THE CHICKEN

Heat a frypan over medium-high heat with **1 tbsp oil** (see notes). Cook chicken for 5 minutes on each side or until golden and cooked through.

 **VEG OPTION** - Skip this step.




5. PREPARE THE SALAD

Mix together **2 tsp olive oil and 1 tsp vinegar** in a serving bowl (optional). Toss in leaves to dress. Slice and add avocado.



6. FINISH AND SERVE

Serve chicken with rice, salad and sauce for dipping.

 **VEG OPTION** - Serve katsu cauliflower with rice, salad and sauce for dipping.

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