



More Than Food  
HelloFresh.co.uk



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## HelloFresh Turkey Katsu Curry

As you can imagine, down at the Fresh Farm, lunch is a pretty big deal. We all sit around our long table and discuss our lunch decisions; the hands-down HelloFresh favourite lunch is undeniably the Katsu Curry (Elliot once managed to eat two and a half portions in one sitting!). In light of this HelloFresh obsession, Mimi decided to recreate a version for our lovely customers. Enjoy!



40 mins



family box



spicy



Onion (2)



Garlic Clove (4)



Carrot (4)



Curry Powder  
(1½ tbsp)



Flour (2 tbsp)



Chicken Stock Pot (1)



Honey (2 tbsp)



Soy Sauce (3 tbsp)



Basmati rice (2 cups)



Turkey Steak (4)



Crème Fraîche  
(1 large pot)




Panko Breadcrumbs  
(7 tbsp)

## Ingredients

4 PEOPLE ALLERGENS

Onion, sliced	2	
Garlic Clove, chopped	4	
Carrot, chopped	4	
Curry Powder	1½ tbsp	Mustard
Flour	2 tbsp	Gluten
Chicken Stock Pot	1	
Honey	2 tbsp	
Soy Sauce	3 tbsp	Soya, Gluten
Basmati Rice	2 cups	
Turkey Steak	4	
Crème Fraîche	1 large pot	Milk
Panko Breadcrumbs	7 tbsp	

 Our fruit and veggies come straight from the farm so give them a little wash before using

**LH** Step for little hands

## Did you know...

It has become a modern ritual for Japanese students to eat katsu the night before taking a major exam for good luck.

**Nutrition per serving:** Calories: 779 kcal | Protein: 37 g | Carbs: 118 g | Fat: 18 g | Saturated Fat: 12 g

1



**1** Cut the **onions** in half through the root, peel and slice into thin half moon shapes. Peel and finely chop the **garlic**. Peel the **carrots**, cut them in half lengthways and then chop into half moon shapes about 1cm wide.

**2** Add 2 tbsp of **oil** to a saucepan on medium heat and throw in the **onions**. Cook for 6 mins before adding in the chopped **garlic**, **carrots**, ½ tsp of **salt** and a good grind of **pepper**. Cook for a further 5 mins.

**3** Bring 700ml of **water** to the boil in a pot with ½ tsp of **salt** for the **rice**.

**4** When your **carrots** have been cooking for 5 mins, add in the **curry powder** and **flour** and cook for 1 minute before adding 700ml of **water** and the **chicken stock pot** along with the **honey** and **soy sauce**. Stir continuously and bring to a simmer. Leave to cook for 10-15 mins, then take off the heat, put a lid on, and leave to the side until everything else is ready.

**5** In the meantime, add the **rice** to your boiling water, put the lid on and cook for 10 mins before taking the pot off the heat and leaving for a further 10 mins.

**Tip:** Don't take the lid off the pot until the whole 20 mins are up!

**6** While your sauce and rice are cooking, prepare your **turkey steaks**. Put the **turkey steaks** in between two sheets of clingfilm and bash them with a rolling pin, until they are 1cm thick.

**7 LH:** Put the **crème fraîche** in one bowl and give it a quick stir to loosen it up. Put the **panko breadcrumbs** in another bowl with ½ tsp of **salt** and a good grind of **pepper**. Spread 1½ tsp of **crème fraîche** onto each side of the **turkey steaks**. Sprinkle over the **panko breadcrumbs** and press them into the **crème fraîche** on the steaks, making sure they are well attached.

**8** When all of your **turkey steaks** are coated, add 4 tbsp of **oil** to a frying pan on medium heat. When the pan is hot, place your **turkey steaks** in the pan. Cook for 5 mins on one side (or until golden) before turning over and cooking for 4-5 mins on the other side. **Tip:** You want your breadcrumbs to be golden brown, so adjust the heat up or down as necessary. Pop your cooked **turkey steaks** on some kitchen paper to absorb any excess **oil**. **Tip:** The turkey is cooked when no longer pink in the middle.

**9** Serve your **rice** in bowls with a spoonful of curry sauce on top. Cut your **turkey steaks** into slices about 2cm wide and pop them on top. Voilà!

4



6



8



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