

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)





Curry Powder





Chicken Stock Pot (1)



Honey (2 thsp)





Basmati rice (2 cups)



Turkey Steak (4)



Crème Fraîche (1 large pot)



Panko Breadcrumbs

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



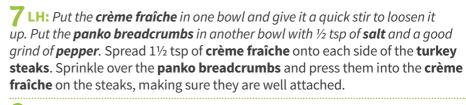
- Cut the **onions** in half through the root, peel and slice into thin half moon shapes. Peel and finely chop the **garlic**. Peel the **carrots**, cut them in half lengthways and then chop into half moon shapes about 1cm wide.
- Add 2 tbsp of **oil** to a saucepan on medium heat and throw in the **onions**. 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.
- $oldsymbol{3}$ Bring 700ml of **water** to the boil in a pot with ½ tsp of **salt** for the **rice**.



- 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.





- 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.
- 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!