






More Than Food
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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 in one sitting!). In light of this HelloFresh obsession, Mimi decided to recreate a version for our lovely customers. Enjoy!



40 mins



spicy



Onion (1)



Garlic Clove (2)



Carrot (2)



Curry Powder
($\frac{3}{4}$ tbsp)



Flour (1 tbsp)



Chicken Stock Pot ($\frac{1}{2}$)



Honey (1 tbsp)



Soy Sauce ($\frac{1}{2}$ tbsp)



Basmati Rice
(1 cup)



Turkey Steak (2)




Crème Fraîche
(1 small pot)



Panko Breadcrumbs
(4 tbsp)

Ingredients	2 PEOPLE	ALLERGENS
Onion, sliced	1	
Garlic Clove, chopped	2	
Carrot, chopped	2	
Curry Powder	¾ tbsp	Mustard
Flour	1 tbsp	Gluten
Chicken Stock Pot	½	
Honey	1 tbsp	
Soy Sauce	1½ tbsp	Gluten, Soya
Basmati Rice	1 cup	
Turkey Steak	2	
Crème Fraîche	1 small pot	Milk
Panko Breadcrumbs	4 tbsp	Gluten, Soya

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

Did you know...

Rumour has it that the costume Big Bird wore on cult kids' TV show Sesame Street was made entirely from turkey feathers.

Nutrition per serving: Calories: 771 kcal | Protein: 37 g | Carbs: 116 g | Fat: 18 g | Saturated Fat: 12 g



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



2 Add 1 tbsp of oil to a saucepan on medium heat and throw in your onion. Cook for 6 mins before adding in your chopped garlic, carrots, ¼ tsp of salt and a good grind of pepper. Cook for a further 5 mins.



3 Bring 350ml of water to the boil in a pot with ¼ tsp of salt in preparation for your rice.

4 When your carrots have been cooking for 5 mins, add in your curry powder and flour and cook for 1 minute before adding 300ml of water and half your stock pot along with your honey and soy sauce. Stir continuously and bring to a simmer, then 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 your 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 is up!

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

7 Put your crème fraîche in one bowl and give it a quick stir to loosen it up. Put your breadcrumbs in another bowl with ¼ tsp of salt and a good grind of pepper. Coat your bashed turkey steaks first in the crème fraîche then in the breadcrumbs. Add 2 tbsp of oil to a frying pan on medium heat and when the pan is hot, place your turkey steaks in the pan. Cook for 6 mins on one side before turning over and cooking for 5 mins on the other side. Then remove the pan from the heat. **Tip:** The turkey is cooked when no longer pink in the middle.

8 Serve the rice in bowls with a spoonful of curry sauce on top. Cut your turkey into slices about 2cm wide and pop them on top. Voila!