

Turkey Katsu Curry with Star Anise Rice





HELLO PANKO BREADCRUMBS

These Asian style breadcrumbs are larger and flakier than normal crumbs for a crispier finish.





Garlic Clove



Carrot



Turkey Steak



Crème Fraîche



Panko Breadcrumbs



Water for the Rice





Chicken Stock Pot



Basmati Rice





Curry Powder



Water for the Sauce



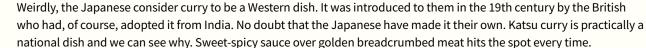
Plain Flour



Soy Sauce



Baby Spinach





40 mins



BEFORE YOU = STARI

Our fruit and veggies need a little wash before you use them! Make sure you've got a Fine Grater (or Garlic Press), Peeler, some Clingfilm, a Rolling Pin, two Shallow Bowls, a Measuring Jug, two Large Saucepans (with Lids) and a Frying Pan. Now, let's get cooking!



DO THE PREP

Halve, peel and thinly slice the **onion** into half moons. Peel and grate the garlic (or use a garlic press). Peel the **carrot** and remove the top and bottom, then cut in half lengthways and slice into thin half moons. Put the turkey steaks between two sheets of clingfilm and bash with a rolling pin until 1cm thick. Tip the crème fraîche in one shallow bowl with a pinch of salt and black pepper and the panko **breadcrumbs** in another.



FINISH THE SAUCE Add the **water** to the pan (amount specified in the ingredient list) along with the remaining chicken stock pot, the honey and soy sauce. Stir continuously and bring to a simmer. Cook until the sauce is thick and the carrots are tender, 10 mins. Take off the heat, stir in the **baby spinach** and allow it to wilt. Pop a lid on and set aside.



COOK THE RICE

Pour the water (amount specified in the ingredient list) into a large saucepan on high heat with the star anise and half the chicken **stock pot**. Once the water is boiling, add the basmati rice and stir. Bring back to the boil, pop a lid on the pan, turn the heat to mediumlow and cook for 10 mins. Remove the pan from the heat and leave for another 10 mins with the lid on. *TIP: The rice will finish cooking in its own steam.



LET'S TALK TURKEY!

Meanwhile, spread each **turkey steak** with a spoonful of the seasoned crème fraîche. You want a thin layer on each side, just enough so the **breadcrumbs** can stick. Transfer the turkey to the bowl of breadcrumbs and coat both sides. Heat a drizzle of oil in a frying pan on medium-high heat. Once hot, lay in the turkey and cook until golden brown on one side, 3-4 mins. Turn carefully and cook the other side, another 3-4 mins.



START THE SAUCE

Put a splash of oil in another large saucepan on medium heat and add the onion. Cook until soft, 5 mins. Then add the carrot, a pinch of **salt** and a good grind of **black** pepper. Stir and cook for a further 5 mins. Add in the garlic, curry powder and flour. Stir and cook for 1 minute more.



FINISH AND SERVE

Once the **turkey** is ready, carefully transfer it to a chopping board. * TIP: The turkey is cooked when it is no longer pink in the *middle.* Leave for a couple of mins then slice into 1cm wide strips. Remove the star anise from the **rice** and fluff it up with a fork. Serve in bowls with the **curry sauce** spooned over and the turkey slices on top. Enjoy!

INGREDIENTS

Onion, sliced	1
Garlic Clove, grated	2
Carrot, sliced	2
Turkey Steak	2
Crème Fraîche 7)	1 small pot
Panko Breadcrumbs 1)	50g
Water for the Rice*	300ml
Star Anise	1
Chicken Stock Pot	1
Basmati Rice	150g
Curry Powder 10)	1½ tsp
Plain Flour 1)	24g
Water for the Sauce*	300ml
Honey	1 tbsp
Soy Sauce 1) 6)	1½ tbsp
Baby Spinach	1 small bag

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	804	134
(kJ)	3396	567
Fat (g)	19	3
Sat. Fat (g)	12	2
Carbohydrate (g)	116	319
Sugars (g)	27	4
Protein (g)	45	8
Salt (g)	5.40	0.90

ALLERGENS

1)Gluten 6)Soya 7)Milk 10)Mustard

Soy Sauce Ingredients: Water, Soybeans, Salt, Sugar, Wheat Flour, Preservative E211, Food Colouring E150d

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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