

Chicken Katsu Curry with Jasmine Rice and Stir-fry Veg

Have yourself a treat and save yourself some calories with this seriously good Japanese style fakeaway. It's such an easy recipe but it will definitely impress your guests; the Katsu Curry sauce isn't too hot and can be made with plain chicken breasts or chicken in breadcrumbs if you're feeling more adventurous. This recipe is for plain chicken breasts and is only 20 Happy Calories per serving. Try it with your favourite rice and stir-fry veg for a really authentic Japanese meal.



Shopping List

Ingredients	Got it	Quantity
Chicken breast	<input type="checkbox"/>	4 portions
Jasmine rice	<input type="checkbox"/>	4 portions
Onion	<input type="checkbox"/>	1 large
Carrots	<input type="checkbox"/>	2 small
Braeburn apples	<input type="checkbox"/>	2 small
Garlic	<input type="checkbox"/>	1 medium
Long stemmed broccoli	<input type="checkbox"/>	4 portions
Mange tout	<input type="checkbox"/>	4 portions
Baby corn	<input type="checkbox"/>	4 portions
Maple syrup	<input type="checkbox"/>	1 bottle
Soy sauce	<input type="checkbox"/>	1 bottle
Vegetable stock cube	<input type="checkbox"/>	1 cube
Ground ginger	<input type="checkbox"/>	1 pot
Ground turmeric	<input type="checkbox"/>	1 pot
Ground cumin	<input type="checkbox"/>	1 pot
Ground coriander	<input type="checkbox"/>	1 pot
Chilli powder	<input type="checkbox"/>	1 pot
Curry powder	<input type="checkbox"/>	1 pot
Low cal cooking spray	<input type="checkbox"/>	1 bottle
Salt	<input type="checkbox"/>	1 grinder
Pepper	<input type="checkbox"/>	1 grinder

Katsu sauce ingredients

Recipe serves	Prep time	Cooking time
4 portions	10m	30m
Ingredients	Amount	
Onion	1	large
Carrots	2	small
Braeburn apples	2	small
Garlic	4	cloves
Soy sauce	1	tablespoon
Maple syrup	2	tablespoon
Veg stock	600	ml
Ground ginger	1	teaspoon
Ground turmeric	1	teaspoon
Curry powder	1	teaspoon
Ground cumin	2	teaspoons
Ground coriander	2	teaspoons
Chilli powder	2	teaspoons
Salt and pepper	1	teaspoon each

Ingredients for everything else

Recipe serves	Prep time	Cooking time
4 portions	15m	N/A
Ingredients	Amount	
Chicken breasts	4	breasts
Jasmine rice	240	g
Long stemmed broccoli	4	portions
Mange tout	4	portions
Baby corn	4	portions
Salt	2	teaspoons
Pepper	1	teaspoon

Katsu sauce instructions

1. Dice the onion, carrots, apples and garlic (no need to peel)
2. Spray a hot frying pan with low cal cooking spray and cook on a low to medium heat for 5 mins
3. Add the stock cube to 600ml of boiling water and stir
4. Gradually add your stock to the frying pan 200mls every 5 mins and stir gently
5. Once the onions have become translucent turn off the heat and leave to cool
6. Carefully add all of the ingredients into a blender and blitz until you have a thick sauce
7. Add all of your seasonings and stir well

Ingredients for everything else

1. Bring 500ml of water to the boil
2. Add the rice and 1 tsp of salt
3. Stir and simmer for 10-12 minutes
4. Dice the chicken breasts
5. Spray a hot frying pan with low cal cooking spray then add the chicken, turn frequently to ensure an even cook
6. Once the outside of the chicken has been sealed you can add the broccoli, mage tout and baby corn
7. Season with salt and pepper
8. Stir-fry for 5 minutes
9. At this point you can reheat your Katsu sauce either in the microwave for 2 mins or in a saucepan
10. Your rice should now be cooked, fluff it up with a fork
11. Everything is now ready to serve, enjoy!

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