



KATSU CURRY

Serves 4 - Prep 30' - Cooking 20' - A little effort

For the salad dressing:

40g mayonnaise
½ tsp mustard
3 tbsp rice vinegar (or white wine vinegar)
2 tbsp sunflower oil
2 tsp fresh ginger, grated
4 tsp soy sauce
4 pork loin medallions
4 tbsp flour
1 egg
8 tbsp breadcrumbs
4 tbsp sunflower oil
salt and pepper

For the sauce:

2 tbsp sunflower oil
2 onions
3 garlic cloves
2 tbsp fresh ginger, grated
2 tbsp curry powder
2 tbsp flour
500ml chicken stock
2 tsp honey
2 tsp soy sauce

300g basmati rice
½ iceberg lettuce
sesame seeds for sprinkling (optional)

Start by mixing all the salad dressing ingredients in a little bowl.
Chop the iceberg lettuce and set aside.

Put the pork loin medallions into a plastic food bag and flatten by gently bashing with a rolling pin.

Put the flour and breadcrumbs onto separate plates. Beat the egg and put onto a deep plate.

Season the pork medallions with salt and pepper, dip into the flour, the beaten egg and finally the breadcrumbs. Set aside.

Make the sauce: chop the onions, crush the garlic cloves and put into a saucepan with two tablespoons of sunflower oil. Add the grated ginger and fry for 5 minutes until the onions are soft. Add the curry powder and flour, stir and add the chicken stock, honey and soy sauce.

Cook on a medium heat for 10 minutes, stirring occasionally. When the sauce has finished cooking, blend with a hand blender for a smooth consistency.

Meanwhile, cook the rice for 10 minutes in boiling salted water.

Heat 4 tablespoons sunflower oil in a large frying pan and fry the breaded pork medallions for 4 minutes on each side.

Drain the rice and serve in mounds on 4 plates.

Cut the pork medallions into strips, place next to the rice, spoon over some sauce.

Serve with the salad and salad dressing, and decorate with a pinch of sesame seeds.

TIP:

- Don't worry if you don't have a hand blender, the sauce is just as good chunky. Also, you can prepare the sauce ahead and freeze it or keep in the fridge for two days.

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