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DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Japanese Curry Paste

This Japanese curry paste is made locally by Turban Chopsticks. It's big on flavour and uses all Australian ingredients.

Crispy Katsu

with Japanese Curry

Roasted sweet potato and eggplant topped with a golden panko sesame crumb, served alongside a creamy Japanese curry sauce, fluffy sushi rice and a fresh edamame salad.

35 minutes Plant-Based 4/6 servings

Switch it up!

You can simmer the sweet potato, eggplant and edamame beans in the curry sauce if preferred!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	18g	75g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	800g
MEDIUM EGGPLANT	1	2
SUSHI RICE	300g	300g + 150g
GARLIC CLOVE	1	2
PANKO SESAME MIX	70g	70g + 35g
JAPANESE CURRY PASTE	1 sachet	2 sachets
COCONUT MILK	165ml	2 x 165ml
TINNED EDAMAME BEANS	2 x 125g	3 x 125g
MESCLUN LEAVES	120g	120g + 60g

FROM YOUR PANTRY

sesame oil, olive oil, salt, pepper, rice wine vinegar, 1 vegetable stock cube

KEY UTENSILS

frypan, saucepan, oven tray

NOTES

You can add grated carrot, sliced cucumber or capsicum to the salad.

No gluten option - panko sesame mix is replaced with GF breadcrumbs.

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1. ROAST THE VEGETABLES

Set oven to 220°C. Slice **sweet potatoes** and **eggplant** into crescents. Toss on a lined oven tray with **1 tbsp sesame oil**, **salt and pepper**. Roast for 20–25 minutes, or until golden and cooked through.

6P - use 1 1/2 tbsp sesame oil and 2 oven trays if needed.



2. COOK THE RICE

Rinse **sushi rice** and place in a saucepan with **650ml water**. Bring to the boil, reduce heat to medium-low and cook, semi-covered, for 20 minutes, or until tender and water is absorbed.

6P - use 975ml water to cook the rice.



3. MAKE THE CRUMB TOPPING

Heat a frypan over medium heat with **1 tbsp olive oil**. Add **1 crushed garlic clove** and **panko sesame seed mix**. Cook, stirring, for 3–4 minutes, or until golden and crispy. Remove to a bowl.

6P - use 1 1/2 tbsp olive oil and 2 garlic cloves.



4. SIMMER THE SAUCE

Add **curry paste**, **coconut milk**, **1 cup water** and crumbled **stock cube** to frypan. Stir to combine and simmer over medium-high heat for 5 minutes. Remove from heat.

6P - use 1 1/2 cups water



5. TOSS THE SALAD

Whisk **2 tbsp rice wine vinegar**, **1 tbsp sesame oil**, **salt and pepper** in a large bowl. Drain and add **edamame beans** and **mesclun leaves**. Toss to coat.

6P - whisk together 3 tbsp vinegar, 1 1/2 tbsp sesame oil, salt and pepper for the dressing.



6. FINISH AND SERVE

Divide **rice** and **curry sauce** among shallow bowls. Top with **roasted vegetables** and serve **salad** alongside. Garnish with **crispy crumb** topping.

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