

Sweet Potato Katsu Curry

INGREDIENTS (serves 4)

For the katsu sauce:

- 100g frozen onions
- 150g frozen mixed vegetables
- 1 garlic clove – peeled and halved
- 2 heaped dessertspoons curry powder or garam masala
- 1 teaspoon turmeric
- ½ teaspoon mixed herbs & parsley
- 1 teaspoon tomato puree
- 1 heaped dessertspoon plain flour
- 1 vegetable **stock cube**
- 200ml reduced fat coconut milk
- 200ml water
- ground black pepper

For the sweet potatoes:

- 2 medium sweet potatoes – peeled
- 25g plain flour
- 100ml water or milk
- 100g wholemeal breadcumbs

METHOD

1. Put all of 'dry' katsu sauce ingredients into a large saucepan and mix together (this will ensure that the flour won't go lumpy when you add the liquid or 'wet' ingredients).
2. Add the coconut milk and water to the pan, stir well, then place on the hob and bring to the boil. Reduce the heat and simmer for 20-25 minutes until the vegetables are soft and the sauce has thickened. Once the sauce has cooked, allow to cool slightly and then blend until smooth.
3. Cut the sweet potatoes into 1cm slices and place in the milk or water. In batches of 3, coat the sweet potatoes in the flour, then dip back into milk and finally coat in the breadcumbs. Place on a lightly greased baking tray and repeat the process until all of the sweet potatoes have been coated.
4. Bake in the oven for 15-20 minutes until the potatoes are cooked, golden brown and crispy.
5. When the sweet potatoes are cooked, serve with the katsu curry sauce, wholemeal rice and some sliced cucumber.

HANDY HINTS

- * If your curry is a little thick, just add some more water!
- * This katsu sauce can be frozen – why not make a large batch, portion out and freeze for a later date!

ALLERGY AWARENESS!

This recipe contains: celery, mustard, soya, cereals containing gluten (stock cube)



EQUIPMENT

large saucepan, sharp knife, chopping board, wooden spoon, dessertspoon, teaspoon, can opener, measuring jug, tablespoon, grater, plate, baking tray

