

A simple and easy to make recipe, perfect for tapping into the high-street trend for healthy fast food.

EDUCATION SECTOR: Secondary
SERVINGS: 10
ALLERGENS: Gluten, Milk



Katsu Style Chicken – Rice Box

Ingredients

FOR THE RICE

600g Brown Rice

1.8ltr Water

[20g KNORR Professional Vegetable Bouillon](#)

[20g KNORR Professional Garlic Puree](#)

2 Bay leaves

FOR THE CHICKEN

1.2kg Chicken Thigh

100ml Natural Yoghurt

100ml Water

[20g KNORR Professional Garlic Puree](#)

[70g KNORR Professional Curry Sauce](#)

70g Porridge Oats

70g Panko Breadcrumbs

FOR THE GARNISH

300g Red Onion, diced

300g Tomatoes, diced

200g Carrots, grated

10g Coriander, chopped

100g Plant Based Coconut Yoghurt

Method

FOR THE RICE

- Place all the ingredients into a gastronorm tray, mix well then cover with cling film and foil.
- Cook in a steamer or oven for 40-45 minutes.

FOR THE CHICKEN

- Mix the yoghurt, water and the KNORR Professional Garlic and Ginger purees together in a bowl. Add the chicken and marinade for 30 minutes.
- Pre-heat oven to 180°C.
- Blend the oats, breadcrumbs and KNORR Professional Curry Sauce together. Dip the chicken in and coat both sides then place onto an oven tray.
- Place into the oven and bake for 20-25 minutes or until cooked through.

TO FINISH / SERVE

- Mix the onion, carrots and tomatoes together then fold through the herbs.
- Slice the chicken.
- Place a portion of the rice into a take-away container and top with the chicken. Garnish with the mixed salad and yoghurt.



Visit ufs.com/education to find out more

