SHOPPING LIST

Crispy Aubergine Katsu Curry

Serves 4

- [ ] 2 large aubergines, cut into 1.5 cm slices
- [ ] 100 g plain flour
- [ ] 200 ml plant milk
- [ ] 150 g panko breadcrumbs
- [ ] 3 tbsp oil
- [ ] Salt
- [ ] 300 g sushi or jasmine rice

Katsu sauce

- [ ] 1 tbsp oil
- [ ] 1 onion, chopped
- [ ] 2 carrots, chopped
- [ ] 3 cloves garlic, chopped
- [ ] 1 tbsp fresh ginger, grated
- [ ] 2 tbsp mild curry powder
- [ ] 1 tbsp plain flour
- [ ] 400 ml coconut milk
- [ ] 200 ml vegetable stock
- [ ] 1 tbsp soy sauce
- [ ] 1 tbsp maple syrup

Tick off what you already have at home.