HOT & BOLD

Crispy Aubergine Katsu Curry

PREP	COOK	SERVES
25 min	40 min	4

Vegan Vegetarian

Panko-crusted aubergine slices with a mild, glossy katsu curry sauce and sticky rice.

Ingredients

- 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

Method

1. Heat the oven to 220 C. Whisk the flour and plant milk into a thick batter. Mix the panko with the oil on a tray and toast it for 5 minutes until light golden.

2. Salt the aubergine slices, leave for 10 minutes and pat dry. Dip each slice in the batter, then press into the panko to coat well.
3. Lay the slices on a lined tray and bake for 25 to 30 minutes, turning once, until crisp and golden.
4. For the sauce, soften the onion and carrot in the oil for 8 minutes. Add the garlic, ginger, curry powder and flour and cook for a minute. Add the coconut milk, stock, soy sauce and maple syrup and simmer for 15 minutes. Blend until smooth.
5. Cook the rice. Serve the aubergine on rice with the sauce spooned over.

Cook's tip

Toasting the crumbs before coating means the aubergine only needs to cook through in the oven, and the crust stays crisp without frying.