KIKKOMAN

Japanese-style chicken curry (no roux!)

Total time **35 mins** **15 mins** cooking time **20 mins** cooking time

Nutritional facts (per portion):
2,950 kJ / 705 kcal

Fat: **29 g** Protein: **34 g**
Carbohydrates: **75 g**

INGREDIENTS

2 portion(s)

Chicken marinade

200 g	chicken thigh or breast
1 tsp	curry powder
1 pinch	salt

Curry base

5 g	garlic
5 g	ginger
100 g	onion
50 g	carrot
50 g	courgette
50 g	mushrooms
1 tbsp	curry powder
0.5 tsp	garam masala
2 tbsp	fried onions
1 tbsp	rapeseed oil

Seasoning & sauce

1 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu (Soy Sauce) Flavour
1 tbsp	ketchup
1 tbsp	tahini
300 ml	water

Thickener:

1 tbsp	cornflour
40 ml	water

Serving & toppings:

400 g	cooked rice
2	soft-boiled eggs (about 7 minutes)
1 pinch	of fried onions

PREPARATION

Step 1

200 g chicken thigh or breast - **1 tsp** curry powder - **1 pinch** salt
Cut the chicken into bite-sized pieces, add the curry powder and salt and mix well to coat evenly.

Step 2

5 g garlic - **5 g** ginger - **100 g** onion - **50 g** carrot - **50 g** mushrooms - **50 g** courgette
Finely chop the garlic and ginger and combine them. Slice the onion, cut the carrot and courgette into 3 cm chunks, then quarter the mushrooms.

Step 3

1 tbsp rapeseed oil - **1 tbsp** curry powder - **2 tbsp** fried onions - **300 ml** water
Heat the rapeseed oil in a pot over low to medium heat. Add the garlic and ginger from Step 2 and sauté until fragrant. Add the marinated chicken from Step 1 and cook gently, taking care not to burn it. Add the onion, carrot and courgette and sauté briefly, then stir in the curry powder and mushrooms. Pour in the water, add the fried onions, skim off any foam that rises to the surface, cover and simmer for 15 minutes.

Step 4

1 tbsp Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu (Soy Sauce) Flavour - **1 tbsp** ketchup - **1 tbsp** tahini
Once the vegetables are tender, mix the Kikkoman Soy Sauce, Kikkoman Ramen Soup Base, ketchup and tahini in a bowl until smooth, then add to the pot and stir well.

1 pinch of parsley

Step 5

1 tbsp cornflour - **40 ml** water - **0.5 tsp** garam masala

Dissolve the cornflour in water. Add it to the curry and stir continuously until the sauce comes to a gentle boil and thickens. Add the garam masala at the very end of cooking, then turn off the heat.

Step 6

400 g cooked rice - **2** soft-boiled eggs (about 7 minutes) - **1 pinch** of fried onions - **1 pinch** of parsley

Serve the rice on each plate and ladle the curry over it. Top with the eggs, fried onions and parsley to finish.