

Panko prawn & umami-rich Japanese curry

Total time **45 mins** 30 mins preparation time 15 mins cooking time

Nutritional facts (per portion):
3,250 kJ / 780 kcal

Fat: **28 g** Protein: **29 g**
Carbohydrates: **100 g**

INGREDIENTS

2 portion(s)

Umami vegetable purée

200 g onion
150 g carrot
6 mushrooms
0.5 apple
150 g tinned tomatoes

Curry base

1 clove garlic
1 tbsp olive oil
40 g Japanese curry roux
1 tbsp [Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu \(Soy Sauce\) Flavour](#)

Serving

400 g cooked rice

Fried shrimp & garnish

80 g cabbage (green or red)
6 whole raw king prawns
1 egg
2 tbsp flour
30 g [Kikkoman Panko - Japanese style crispy bread crumbs](#)
500 ml oil for deep-frying in a saucepan
1 pinch of salt
1 pinch of pepper

PREPARATION

Step 1

200 g onion - **150 g** carrot - **6** mushrooms - **0.5** apple - **150 g** tinned tomatoes
Roughly chop the onion, carrot, mushrooms and apple. Blend with the tinned tomatoes until completely smooth.

Step 2

1 tbsp olive oil - **1** clove garlic
Heat the olive oil in a pot over medium heat. Add the finely chopped garlic and sauté until fragrant. Add the vegetable purée from step 1, cover, and simmer over medium-low heat for about 15 minutes.

Step 3

40 g Japanese curry roux - **1 tbsp** [Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu \(Soy Sauce\) Flavour](#)
Add the curry roux and stir until fully dissolved. Add the Kikkoman Ramen Soup Base.

Step 4

80 g cabbage (green or red) - **6 g** whole raw king prawns - **1 pinch** of salt - **1 pinch** of pepper - **2 tbsp** flour - **1** egg - **30 g** [Kikkoman Panko - Japanese style crispy bread crumbs](#) - **500 ml** oil for deep-frying in a saucepan
Thinly slice the cabbage and soak briefly in cold water, then drain well. Peel the prawns, leaving the tails on, and remove the veins. Pat dry, then season lightly with the salt and pepper. Coat the prawns in the flour, then the beaten egg, then the Kikkoman Panko. Deep-fry at 180 °C until lightly golden and crisp.

Step 5**400 g** cooked rice

Divide the rice between plates. Top with the drained cabbage and prawns from step 4. Serve the curry sauce from step 3 alongside the rice.