

Jethro's Pumpkin Katsu Curry



Prep Time 20 mins **Cook Time** 30 mins **Serves** 2

A delicious vegetarian twist on the classic Japanese-inspired katsu curry. Roasted pumpkin is coated in crisp panko breadcrumbs and served with a creamy spiced pumpkin curry sauce.

	Ingredients	Method
1	1 small to medium pumpkin Olive or vegetable oil Salt and pepper	Preheat the oven to 220°C. Peel the pumpkin, remove the seeds and cut into wedges. Place on a roasting tray, drizzle with oil and season with salt and pepper. Roast for 20 minutes, or until soft. Set aside half of the roasted pumpkin for the sauce and half for coating in breadcrumbs.
2	3 tbsp vegetable oil 1 onion, finely chopped 1 garlic clove, finely grated 2.5cm piece ginger, peeled and grated	Heat the oil in a saucepan over a medium heat. Add the onion, garlic and ginger and cook for several minutes, stirring regularly until softened.
3	1 tsp turmeric 1 tbsp mild curry powder 1 tbsp plain flour	Add the turmeric and curry powder and cook for 1 minute, stirring continuously. Add the flour and mix well to combine with the spices.
4	300ml vegetable or chicken stock 100ml coconut milk 1 tbsp mango chutney 1 tsp soy sauce Half of the roasted pumpkin	Gradually add the stock a little at a time, stirring continuously. Slowly add the coconut milk and continue stirring until smooth. Stir in the mango chutney and soy sauce. Roughly chop the reserved roasted pumpkin and add it to the sauce. Simmer gently until thickened.
5	50g plain flour 2 eggs, lightly beaten (or aquafaba for a vegan version) 100g panko breadcrumbs	Place the flour, egg mixture and panko breadcrumbs into separate bowls. Coat each pumpkin wedge in flour, shaking off any excess, then dip into the egg mixture before coating thoroughly in the breadcrumbs.

	Ingredients	Method
6	75ml vegetable oil	Heat the oil in a frying pan. Carefully fry the breadcrumb-coated pumpkin wedges, turning with tongs until golden brown on all sides. Drain on kitchen paper if needed.
7	Rice, to serve	Serve the crispy pumpkin wedges alongside rice and spoon over the katsu curry sauce.

Top Tip: For a smoother sauce, blend the cooked curry sauce before serving. For a vegan version, use vegetable stock and aquafaba instead of egg.

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