



VEGETARIAN
EXPRESS



Katsu Curry Sushirrito

Ingredients

- 4 plant-based 'chicken' katsu fillet
- 320g sushi rice
- 8 nori seaweed sheets
- 15g katsu curry dry sauce mix
- 75ml water
- 20g blue meat radish
- 20g breakfast radish
- 20g red chilli
- 20g green chilli
- 20g Kikkoman sushi seasoning
- 20g red onion

Katsu curry dry sauce mix may contain traces of Milk, Celery, Mustard & Sulphites

Nori seaweed sheets may contain traces of Fish, Crustaceans & Molluscs

Method | SERVES 4

- Rinse sushi rice in 400ml cold water.
- Cover and bring to the boil. Reduce heat to 20% with the lid on and steam for 18 minutes.
- Remove from the heat keeping the lid on and let sit for 5 minutes then remove lid, fluff with fork and add sushi seasoning.
- Deep fry katsu fillets for 45 mins until core temperature 75°C & thinly slice veg.
- Make katsu sauce by whisking with water and bringing to the boil.
- For each roll, lay 2 sheets of nori, rough side up, smooth side down, with an overlap of 1 inch, onto a length of cling film.
- With wet hands pick up the rice and roll into a large ball and spread along nori leaving a gap of 1.5 inches closest to you and 3 inches at the top.
- Neatly arrange vegetables 1 inch into rice from bottom & slice katsu.
- Arrange sliced katsu on top of veg, drizzle a little of the sauce over.
- Holding the edge of nori and edge of cling film together, lift front edge up towards you and carefully roll over 3/4 of the turn, press tightly, pull back the cling film layer 1/3 and then roll last 1/3 of nori roll to make the complete roll.
- Cover with cling film and press tightly.
- Leave to rest for at least 10 minutes then unwrap cling film, slice in half on an angle with sharp knife and serve with dipping sauce.

Typical Nutritional Values

	per 100g	serving 262g
Energy	886kJ 210kcal	2322kJ 551kcal
Fat	5.9g	15.5g
of which Saturated	0.6g	1.6g
Carbohydrate	32.0g	83.8g
of which Sugars	1.6g	4.2g
Fibre	3.6g	9.4g
Protein	7.3g	19.1g
Salt	0.76g	1.99g

Suitable for: Vegan, Nut free

Allergens: Cereal Gluten, Soya

Impact | PER SERVING

Plant based dishes use fewer natural resources in their creation than those made with meat, fish or animal derivatives. Here's the comparative impact of this dish if it was made using chicken.

CO₂ saving (g)
175

Land use saving (m²)
11

Water use saving (L)
1038

Please note that whilst every care has been taken to ensure the information contained in these recipes is correct, products are often reformulated by manufacturers. This may affect the nutrition and allergy information; therefore you should always check product labels and not rely solely on the information presented here. In addition, when preparing food for special diets, care must be taken to ensure there is no cross contamination from other foods. Separate cooking vessels and utensils must be used.