



# Japanese Mackerel Katsu Curry



## Ingredients

- 2 x 125g Mackerel Fillets in Katsu Curry Sauce
- 2 x Pouch of Microwaveable rice
- 1 carrot
- ▣ wedge red cabbage
- 1 lime
- Handful of chopped coriander
- Splash of sesame oil
- Pinch of sesame seeds

 Serves  
4

 Prep  
5 mins

 Cooking  
5 mins

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	140Kcal	1.8g	5.2g	1g	0.27g
RI%	20%	6%	21%	15%	13%

## Method

1. Cut the carrot and cabbage into matchsticks, then mix with the coriander, a splash of sesame oil, the juice from a lime and garnish with sesame seeds.
2. Heat up the Mackerel and katsu sauce in a pan over a medium heat and add a splash of water and a splash of soy sauce to loosen.
3. Microwave the rice and serve with the crunchy salad and the katsu mackerel on the side, then garnish with chopped spring onion or coriander.

