



JAPANESE CURRY HARVEST GOURMET CUTLET

INGREDIENTS

- 4 Tablespoons Cooking Oil
- 1 Unit Yellow Onion
- 4 Cloves Garlic
- 2 Tablespoons Wheat Flour, Whole-Grain
- 3 Tablespoons Curry Powder
- 2 1/2 cups Water
- 1 Unit Apples, Raw, Without Skin
- 3 1/2 Teaspoons Vegetarian Seasoning
- 1 Unit Carrot
- 1 Unit Potato
- 1 Tablespoon MAGGI® Tomato Ketchup
- 1 Tablespoon Light soya sauce
- 4 Pieces Harvest Gourmet Cutlet



Harvest Gourmet Cutlet Japanese Curry. Gourmet Harvest Schnitzel, Soy & wheat based slices coated in breadcrumbs give a crunchy taste on the outside and a real meaty taste.

PREPARATION

1. Heat a cooking oil. Fry the yellow onion, garlic until fragrant and browned.
2. Add curry spices and wheat flour, mix well.
3. Slowly add in water while mixing well. Add apple, vegetarian seasoning, carrot, potatoes, MAGGI Tomato Ketchup and light soy sauce. Let it simmer until the potatoes and carrots are tender.
4. Baked Harvest Gourmet™ Cutlet in air fryer at 180°C for 12 minutes.
6. Serve Harvest Gourmet™ Cutlet with rice and Japanese curry sauce.

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