

# JAPANESE VEGAN CURRY

NORTH ASIA  
/ JAPAN

## ORIGINS

The introduction of curry to Japan is said to be in the early 1800s when Anglo-Indian Royal Navy sailors brought the curry powder of India combined with the sweet additions of apples to suit the British pallet to the shores of Japan. It was commonly cooked in army mess halls during the 1870s, as the curry was an easy way to feed large groups of soldiers and incorporate meat into their diet.



4



10 min



35 min



## WHAT YOU NEED

- 1/2 pkt (15 g) Japanese spice
- 200 g cooked chickpeas
- 1 onion, chopped
- 1 small apple, peeled and diced
- 100 g cauliflower, chopped
- 2 potatoes, cubed
- 2 carrots, chopped
- 1 cup vegetable stock
- 1 zucchini, sliced
- 1 tbsp tonkatsu sauce\*

## HOW TO MAKE

①

Sauté onion and apple, 10 min. Add spice, sauté 1 min.

②

Add chickpeas, carrots, potatoes, tonkatsu sauce, stock and simmer, 20 min.

③

Add peas, simmer, 3 min.

## HOW TO SERVE

Serve with rice and cucumber and carrot salad\*

## HINTS & TIPS

### SIDES & CONDIMENTS

cucumber and carrot salad\*:

100 g cucumber sliced

1 carrot grated

zest of 1/2 orange

1 tbsp each sugar, vinegar, and water.

Mix all ingredients together in a bowl.

### SWAPS & ALTERNATIVES

veggie combos: swap potatoes and peas for broccoli and sweet potatoes

alternative: tonkatsu sauce \* = 1 tbsp each tomato paste and soy sauce

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