

# Japanese Curry Buns

Yield: 4 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-turkey-mince-recipe>

## Ingredients:

- 1/2 yellow onion chopped
- 1/2 ginger thumb sized, grated
- 2 garlic cloves grated
- 1 potato medium sized, cubed
- 1 carrot cubed
- 1/2 cup water
- 7 ounces minced turkey 200 g
- 1 tablespoon ketchup
- 1 tablespoon soy sauce
- 1/2 apple grated just before using to prevent from browning
- 2 tablespoons curry powder
- 1 tablespoon corn starch
- 1/4 cup water 60 ml
- 3 cups bread flour 390 g
- 1 teaspoon salt
- 2 tablespoons honey 40 g
- 2 teaspoons instant yeast
- 1 cup milk warm, 250 ml
- 2 tablespoons softened butter 30 g, in small pieces
- 2 eggs
- 1 1/2 cups panko breadcrumbs 70 g

## Nutrition:

1. Calories: 810 calories
2. Carbohydrate: 131 grams
3. Cholesterol: 165 milligrams
4. Fat: 18 grams
5. Fiber: 7 grams
6. Protein: 33 grams

7. SaturatedFat: 7 grams
  8. Sodium: 1320 milligrams
  9. Sugar: 20 grams
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