



## Tonkatsu Pork with Jasmine Rice and Mixed Leaves

Tonkatsu is pork katsu - a japanese dish of panko-breaded pork loin which is fried and covered in a fruity yet savoury sauce. Have you used panko breadcrumbs before? Panko is made from bread baked by electrical current, which yields a bread without a crust, and which is then ground into fine flakes of crumb.

### Ingredients

- Pork Loin
- Panko Breadcrumbs
- Plain flour
- Egg
- Jasmine Rice

- Tonkatsu Sauce
- Mixed Leaves
- Cherry Tomatoes
- Onion

**Your Pantry**  
Oil

### Nutritional Info

Calories: 565 kcal  
Carbohydrates: 61g  
Protein: 35g  
Fat: 20g

### Allergens


Celery (Tonkatsu Sauce)  
Soybean (Tonkatsu Sauce)  
Wheat (Panko Breadcrumb)  
Egg (Egg)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



### 1) Boil the rice

Add the rice to a saucepan of boiling water. Season with a little salt. Allow to cook for 20 minutes before draining and setting aside. While the rice is cooking move on to the next step.

### 2) Pound the pork

Place the pork between two pieces of clingfilm or baking paper. Using a rolling pin pound the pork until it's about a half a cm thick .

### 3) Coat the pork

Put the flour in one bowl. Put the panko breadcrumbs in another bowl. Crack the egg into a third bowl and separate bowl and beat it with a fork. Dip the pork first in the flour, then in the egg and finally in the panko breadcrumbs.

### 4) Fry the pork

In a large frying, add enough oil to come 2cm up the side of the pan. Heat the oil to 180C – if you don't have a thermometer, drop a bit of panko into the oil and if it sinks a little then starts to fry, the oil is ready. Add the pork and cook for 2 minutes on each side, then remove and leave to rest on top of some kitchen paper to soak up any excess oil.

### 5) Make the salad

Slice the red onion and cut the cherry tomatoes into halves. Mix the red onion, mixed leaves and cherry tomatoes to make the salad.

### 2) Plate the dish

Serve the jasmine rice, pork and tonkatsu sauce together with the



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