



Pork Tonkatsu Recipe

Preparation Time
Cooking Time
Serving Size

15 mins.
50 mins.
10

Ingredients:

- 1 kg pork, loin, boneless-skinless, cut into 1/2-inch thick
- 3 packs DEL MONTE Quick 'n Easy Breading Mix (75g)
- 3 pcs egg, beaten
- 2 1/2 cups breadcrumbs
- 2 cups oil, for deep-frying

FOR THE SAUCE

- 1/2 cup DEL MONTE Original Blend Ketchup (320g)
- 2 Tbsp worcestershire sauce
- 1 Tbsp KIKKOMAN Standard Grade Soy Sauce (100ml)
- 1 Tbsp mirin
- 1/4 tsp garlic powder

Preparation:

1. Dredge pork slices in DEL MONTE Quick n Easy Breading Mix, egg, and bread crumbs. Deep-fry until golden brown and then cut into strips. Serve with the tonkatsu sauce.
2. Combine all ingredients for the sauce. Mix well.

Chef's Tip:

The secret to tonkatsu is having a thin crispy crust. Tap off excess flour, egg, and breadcrumbs to make sure the crust does not get too thick and bready

Lusog Notes:

This dish contains protein needed for the growth, development, and repair of body tissues. Protein also provides energy for the body.