

TONKATSU CURRY

Japanese inspired deep fried pork cutlet in a sweet Katsu curry sauce.



PREP TIME
10 MIN



COOK TIME
20 MIN



SERVINGS
6

Ingredients

- 4 pork cutlets, trimmed
- 100g panko breadcrumbs
- 100g plain flour
- 2 eggs, beaten
- salt & pepper
- 100g pak choi, sliced
- 100g broccoli florets
- 1 small green pepper
- 1 small red pepper
- 1 red onion
- 4 spring onions, sliced
- 240g [Blenders Katsu Curry](#)

Allergens

Contains Gluten, Eggs, Soybeans, Celery

Method

1. Trim the pork cutlets and tenderize with a meat tenderizer or a rolling pin.
2. Place the egg, panko breadcrumbs, and the seasoned flour in to three separate bowls.
3. Dip the pork into the flour and then the egg and finally the panko breadcrumbs.
4. Heat a large frying pan with some oil and shallow fry the pork cutlets on each side for 3 minutes. Remove from the pan and place on a baking tray and cover with tinfoil. Place in an oven at 170 degrees for 15 minutes.
5. Chop all the vegetables and place them in a pan and stir fry for 5 minutes.
6. In a separate pot heat the [Katsu curry](#).
7. Arrange the pork on a serving plate with the stir fry vegetables and the heated Katsu sauce and serve.

