



**Product Spotlight:
Ramen Marinade**

The marinade sauce used in this dish is made locally by The Ugly Mug Broth Kitchen! It has delicate Japanese flavours of sweet mirin and soy, perfect for adding a boost of flavour to this dish.



Pork Tonkatsu Don
with Stir Fry Veg

Crispy panko crumbed pork steaks, coated with savoury, umami onion and egg sauce, served on top of sticky sushi rice with stir-fried veggies and shredded white cabbage.

 30 minutes  4 servings  Pork

Switch it up!

Instead of adding whisked egg to the sauce at step 5, you can serve fried eggs over the pork steaks.

Per serve: **PROTEIN** 54g **TOTAL FAT** 33g **CARBOHYDRATES** 47g

FROM YOUR BOX

SUSHI RICE	300g
FREE-RANGE EGGS	6-pack
PANKO CRUMBS	2 x 40g
PORK STEAKS	600g
CARROTS	2
GREEN BEANS	150g
BROWN ONION	1
RAMEN MARINADE	1 packet
SHREDDED WHITE CABBAGE	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce (or tamari), rice wine vinegar

KEY UTENSILS

large frypan (with lid), saucepan

NOTES

For thinner steaks, use a meat mallet or rolling pin to flatten the steaks.

Use sesame oil and season vegetables with soy sauce and pepper for extra flavour.

No gluten option – panko crumbs are replaced with quinoa flakes.



1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **650ml water**. Cover and bring to a boil. Reduce heat immediately to medium-low. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed.



4. COOK THE PORK

Reheat frypan over medium-high heat with **oil** to coat base of pan. Add steaks and cook for 4–5 minutes each side until golden and cooked through. Remove from pan and keep pan over heat (see step 5).



2. CRUMB THE PORK

Crack **2 eggs** into a bowl. Add **1/4 cup water** and whisk to combine. Add panko to a separate bowl or plate.

Season **steaks** (see notes) with **salt and pepper**. Dip steaks into egg mix then press into panko to coat.



5. MAKE THE SAUCE

Slice **onion** and add to pan. Cook for 5 minutes until softened. Meanwhile, crack remaining eggs into a bowl and whisk to combine and slice steaks. Add **ramen marinade, 1/4 cup water, 1 tbsp soy sauce, 1 tbsp vinegar** and steaks. Pour over egg and cook, covered, for 2–3 minutes until egg is set.



2. STIR-FRY THE VEGGIES

Heat a large frypan over medium-high heat with **oil** (see notes). Thinly slice **carrot**. Add to pan as you go. Trim and halve **beans**. Add to pan along with **2 tbsp water**. Stir-fry for 3–5 minutes until carrots are tender. Remove to a bowl (reserve pan) and season with **salt and pepper**.



6. FINISH AND SERVE

Divide rice among bowls. Add stir fry and steaks. Spoon over any remaining sauce from pan. Garnish with **shredded cabbage**.



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