



**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 4/6 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 | TOTAL FAT | CARBOHYDRATES |
|-------------|---------|-----------|---------------|
| 4/6 Person: | g | g | g |

FROM YOUR BOX

| | 4 PERSON | 6 PERSON |
|------------------------|----------|-------------|
| SUSHI RICE | 300g | 300g + 150g |
| FREE-RANGE EGGS | 6-pack | 6-pack |
| PANKO CRUMBS | 2 x 40g | 3 x 40g |
| PORK STEAKS | 600g | 600g + 300g |
| CARROTS | 2 | 3 |
| GREEN BEANS | 150g | 2 x 150g |
| BROWN ONION | 1 | 1 |
| RAMEN MARINADE | 50g | 2 x 50g |
| SHREDDED WHITE CABBAGE | 250g | 2 x 250g |

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 cook in pan for 5 minutes until softened. Meanwhile, whisk **remaining eggs** in bowl and slice **steaks**. Add **ramen marinade**, **1/4 cup water**, **1- 1/2 tbsp soy sauce**, **1-2 tbsp vinegar** and **steaks** to pan. Pour over **egg**, cover and cook 2-3 minutes until set.



3. STIR-FRY THE VEGGIES

Heat a large frypan over medium-high heat with **oil** (see notes). Thinly slice **carrots**. 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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