



Tonkatsu Burger Recipe

Preparation Time	10
Cooking Time	31
Serving Size	6

Ingredients:

PORK TONKATSU

- 600 g pork, loin, boneless-skinless, 1/2-inch thick
- 2 packs DEL MONTE Quick 'n Easy Breading Mix (75g)
- 2 pcs egg, beaten
- 1 1/2 packs bread crumbs, Japanese
- 2 cups oil, for deep-frying

TONKATSU SAUCE

- 1/2 cup DEL MONTE Original Blend Ketchup (320g)
- 1/8 cup worcestershire sauce
- 1/4 cup garlic, crushed
- 1 1/8 tsp sugar, white
- 1/8 tsp pepper, black
- 1/8 cup water

- 6 leaves lettuce
- 6 pcs hamburger bun

Preparation:

1. For the Pork Tonkatsu: Dredge pork slices in DEL MONTE Quick n Easy Breading Mix, egg, then bread crumbs. Deep fry until golden brown and then cut into strips.
2. For the Tonkatsu Sauce: In a sauce pan, combine all ingredients and mix well. Bring to a boil then simmer for 2 minutes, stirring occasionally.
3. Place lettuce and a piece of pork tonkatsu on top of a bun.
4. Spread tonkatsu sauce over pork tonkatsu then top with the other half of the bun.

Chef's Tip

For additional texture and taste, brush the buns with melted butter then toast them before assembling the sandwiches.

Lusog Notes

This dish is a source of protein which is essential for growth, development and repair of body tissues. Protein also provides energy for the body.

Cooking Skills Needed

- Simmering
- Slicing
- Stirring

Cooking Tools

- Bowls
 - Chopping Board
 - Measuring Cups
 - Measuring Spoon
 - Spatula
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