



## Tonkatsu Burger Recipe

---

<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>31</b>
<b>Serving Size</b>	<b>6</b>

### 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
-