



Tonkatsu Salad Recipe

Preparation Time	10
Cooking Time	31
Serving Size	5

Ingredients:

PORK TONKATSU

- 100 g pork, loin, boneless-skinless, 1/2-inch thick
- 1/3 pack DEL MONTE Quick 'n Easy Breading Mix (75g)
- 1 pc egg, beaten
- 1/4 pack bread crumbs, Japanese
- 1/4 cup oil, for 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

- 200 g lettuce
- 1/4 cup bell pepper, sliced
- 1/4 cup mayonnaise

Preparation:

1. For the Pork Tonkatsu: Dredge pork slices in DEL MONTE Quick n Easy Breading Mix, egg, then bread crumbs. 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. Toss lettuce, bell pepper, and pork tonkatsu.
4. Drizzle with tonkatsu sauce and mayonnaise on top.
5. Toss just before serving.

Chef's Tip

Keep your lettuce fresh and crispy by washing and draining the leaves of excess liquid then putting them in the chiller. Do not seal too tightly or pack them too firmly.

Lusog Notes

This hearty salad contains protein needed for the body's growth and development. Protein also provides energy for the body.

Cooking Skills Needed

- Simmering
- Slicing
- Stirring

Cooking Tools

- Bowls
- Chopping Board
- Measuring Cups
- Measuring Spoon