



Katsu pork with sticky rice

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



577 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 200 g sushi rice rinsed
- ☐ 100 g panko bread crumbs
- ☐ 1 tsp turmeric
- ☐ 1 tbsp vegetable oil
- ☐ 1 egg whites
- ☐ 450 g pork tenderloins trimmed cut into 8 pieces
- ☐ 1 onion chopped
- ☐ 1 medium carrots grated

- ☐ 2 apples such as braeburn, peeled, cored and roughly chopped
- ☐ 2 garlic clove sliced
- ☐ 2 tsp curry powder
- ☐ 0.5 tsp ground ginger
- ☐ 1 tbsp tomato purée
- ☐ 2 tsp clear honey
- ☐ 1 tbsp soya sauce
- ☐ 1 tbsp cornstarch
- ☐ 350 ml chicken stock see
- ☐ 1 tsp sesame oil

Equipment

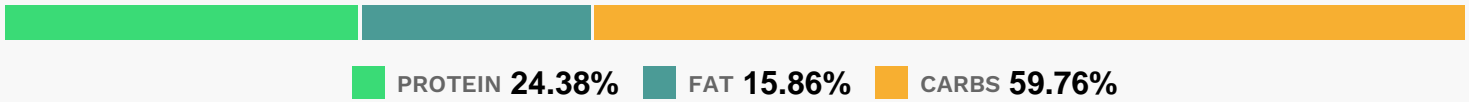
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ rolling pin

Directions

- ☐ To make the sauce, heat the oil in a large pan and add the onion, carrot and apples. Cover and cook gently for 10 mins until softened, stirring a couple of times. Uncover the pan, turn up the heat, add the garlic and cook for 1 min.
- ☐ Stir in the curry powder and ginger. Cook for 1 min more, then stir in the tomato pure, honey, soy and cornflour. Gradually stir in the stock and simmer for 5 mins until the vegetables are totally soft and the sauce has thickened. Blitz with a blender or in a liquidiser until smooth, then season to taste with the sesame oil, salt and pepper. The sauce can be made up to 3 days ahead.

- ☐ While the sauce is cooking, put the pork between 2 sheets of cling film and bash with a rolling pin until the meat is about 1cm thick. In a shallow bowl, rub together the crumbs, turmeric and oil with some seasoning. Beat the egg white with a fork until a little frothy and have a non-stick baking tray ready.
- ☐ Put the rice in a saucepan with 400ml cold water and a pinch of salt. Bring to the boil, cover, then simmer for 10 mins. Take off the heat and set aside until ready to serve the pork.
- ☐ Heat oven to 220C/200C fan/gas
- ☐ Dip each piece of pork into the egg, then the crumbs, pressing them onto the surface before transferring the meat to the tray.
- ☐ Bake the pork for 10–15 mins or until golden and crisp, turning once if needed.
- ☐ Serve with the rice and katsu sauce, garnished with coriander, if using, plus pickled ginger, if you like.

Nutrition Facts



Properties

Glycemic Index:74.03, Glycemic Load:38.81, Inflammation Score:-10, Nutrition Score:30.340869820636%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.45mg, Quercetin: 9.45mg, Quercetin: 9.45mg, Quercetin: 9.45mg

Nutrients (% of daily need)

Calories: 577.47kcal (28.87%), Fat: 10.09g (15.52%), Saturated Fat: 2.2g (13.72%), Carbohydrates: 85.53g (28.51%), Net Carbohydrates: 79.27g (28.83%), Sugar: 17.57g (19.52%), Cholesterol: 75.79mg (25.26%), Sodium: 651.89mg (28.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.89g (69.77%), Vitamin B1: 1.53mg (102.28%), Selenium: 52.79µg (75.41%), Vitamin B3: 12.26mg (61.31%), Vitamin B6: 1.16mg (58%), Vitamin A: 2630.48IU (52.61%),

Manganese: 1.04mg (52.13%), Phosphorus: 418.53mg (41.85%), Vitamin B2: 0.68mg (39.93%), Potassium: 895.4mg (25.58%), Fiber: 6.25g (25.01%), Iron: 4.31mg (23.96%), Zinc: 3.47mg (23.12%), Copper: 0.38mg (18.96%), Magnesium: 73.44mg (18.36%), Vitamin B5: 1.69mg (16.94%), Vitamin K: 13.59µg (12.95%), Folate: 48.99µg (12.25%), Vitamin B12: 0.67µg (11.13%), Vitamin C: 8.47mg (10.26%), Calcium: 87.51mg (8.75%), Vitamin E: 1.17mg (7.83%), Vitamin D: 0.22µg (1.5%)