



Sesame Pork Katsu

Crispy sesame-crusted pork katsu served over fluffy sushi rice, paired with a refreshing slaw dressed in creamy aioli. Perfectly golden and tender, this dish is a balance of crunch, flavour, and simplicity.



25 minutes



2 servings



Pork

FROM YOUR BOX

SUSHI RICE	150g
PORK STEAKS	300g
SESAME SEEDS	1 packet
ORIENTAL SLAW	1 bag
AIOLI	1 sachet

FROM YOUR PANTRY

oil for cooking, salt and pepper, flour of choice, BBQ sauce (optional)

NOTES

Instead of flattening the pork steaks, you can cook them in the pan for 3–4 minutes each side until cooked through and use the sesame seeds to garnish instead.

BBQ sauce is a close alternative to the traditional Tonkatsu sauce. You can make a quick version by combining pantry staples:

4 tbsp tomato sauce

2 tbsp worcestershire sauce

1 tbsp soy sauce

1 tsp sugar

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1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **325ml 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.

2. PREPARE THE PORK STEAKS

Trim **pork steaks** and use a meat mallet or rolling pin to flatten (roughly 1 cm thick). Coat with **oil**, **salt and pepper**. Combine **1 tbsp flour** and **sesame seeds** and spread the mixture on to a plate. Press **pork steaks** into **sesame flour mix** until coated on all sides.

TIP *You can use panko or bread crumbs instead of flour for a crispier texture. Crushed cornflakes also work well!*

3. COOK THE PORK

Heat a frypan over medium-high heat and cover base with **oil**. Add **coated pork** and cook for 2–3 minutes each side or until golden and cooked through. Set aside on paper towel to drain.

4. FINISH AND SERVE

Toss **oriental slaw** with **aioli** until evenly coated. Slice **pork** and serve on **rice** with **dressed slaw**. Drizzle with **BBQ sauce** if desired (notes).

TIP *You can serve this dish with lemon wedges.*

This recipe has simplified instructions to help lower your meal cost.