

Japanese Pork Katsu

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/beef-bowl-recipes>

Ingredients:

- 1 tablespoon hot water
- 1 tablespoon soy sauce
- 1 tablespoon mirin or sake
- 1 tablespoon worcestershire sauce
- 3 tablespoons ketchup
- 1/2 teaspoon hot mustard
- 4 pork cutlets about 1 1/2 lb. total
- 1 egg
- 2 tablespoons all purpose flour
- 1 cup panko or plain fine dried bread crumbs
- freshly ground pepper
- salt
- 1/4 cup corn oil
- steamed rice for serving

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 105 milligrams
4. Fat: 20 grams
5. Fiber: 1 grams
6. Protein: 21 grams
7. SaturatedFat: 3 grams
8. Sodium: 650 milligrams
9. Sugar: 3 grams

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