

# Pork Tonkatsu with Miso Green Cabbage & Brown Rice

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-brown-rice-tea-recipe>

## Ingredients:

- 3/4 cup brown rice
- 1/4 green cabbage
- 1 clove garlic
- 1 scallion
- 1 cup milk
- 1/2 cup all purpose flour
- 1 cup panko breadcrumbs
- 2 boneless pork chops
- 2 tablespoons ketchup
- 1 tablespoon soy sauce
- 1 teaspoon ground mustard
- 1/2 teaspoon ground allspice
- 1 teaspoon sesame oil
- 2 tablespoons mirin
- 1 1/2 tablespoons miso
- 2 tablespoons rice vinegar
- 1/2 teaspoon black sesame seeds

## Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 57 grams
3. Cholesterol: 70 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 31 grams
7. SaturatedFat: 3 grams
8. Sodium: 660 milligrams

9. Sugar: 7 grams

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