

Katsu Sando Recipe

This easy to make katsu sando (sandwich) recipe is easy to make and can become multiple meals! This recipe makes 2 servings.

Ingredients:

- 1 Cup panko
- 1 ½ Tbsp neutral-flavored oil
- 2 boneless pork loin chops (1/2 inch thick)
 - Can also use chicken breasts instead
- ½ tsp salt
- Freshly ground black pepper
- 2 Tbsp all-purpose flour
- 1 large egg
- 1 leaf cabbage
- 4 slices bread
- 2 tsp unsalted butter
- 2 tsp Dijon mustard
- 4 Tbsp tonkatsu sauce

Instructions

1. In a large frying pan, add panko and oil. Turn the heat to medium and shake to evenly toast the panko.
2. Once the panko is nicely browned, transfer it to a tray.
3. Preheat the oven to 400 degrees Fahrenheit
4. Remove extra fat from the pork. Make a few slits on the connective tissue between the meat and fat.
 - a. This prevents the meat from curling
5. Pound the meat into ½ inch thickness.
6. Season the meat with salt and pepper
7. In a large bowl or plate, add ½ Tbsp oil to the egg and whisk together.
 - a. Adding oil to the egg prevents the breading from detaching from the meat while frying.
8. Dredge the meat in flour and shake off any excess.
9. Next, dip the meat into the egg mixture. Then, dredge in panko, pressing the panko onto the meat.
10. Transfer to a parchment lined baking sheet or wire rack.
11. Bake for about 20 minutes

Assembling the Sandwich

1. Thinly slice or shred the cabbage.
2. Spread butter on both bread slices, this will help prevent the bread from getting soggy.
3. Spread mustard on top of butter on one side.
4. Spread katsu sauce on the other slide of bread.
5. Add the sliced cabbage on top of the mustard side of the bread and drizzle some more katsu sauce over the cabbage.
6. Place the tonkatsu on top of the cabbage and top with the other slice of bread.
7. For nice presentation, you can place the sandwich between two plates for five minutes. Then, cut off the crust of the bread and cut the sandwich in half.
8. Enjoy the katsu sando!

This recipe was adapted from the cooking blog, Just One Cookbook. The original recipe can be found [here](#).