KIKKOMAN

Easy Pork steaks with Asian ginger sauce

Total time **25 mins** **10 mins** preparation time **60 mins** marinating time **15 mins** cooking time

Nutritional facts (per portion):
1,593 kJ / 380 kcal

Fat: **22 g** Protein: **31.7 g**
Carbohydrates: **10.6 g**

INGREDIENTS

4 portion(s)

4 tbsp	Kikkoman Mirin-Style Sweet Cooking Seasoning
4 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	grated ginger
4 tbsp	Sake (or white wine)
600 g	pork loin steaks (150 g each)
	Oil for frying

For the garnish

4	spears green asparagus
4	spring onions

PREPARATION

Step 1

Put the Mirin, soy sauce, grated ginger and sake with the meat in a freezer bag and marinate the meat, about 1 hour at room temperature.

Step 2

Clean and blanch the green asparagus and spring onions.

Step 3

Remove the meat pieces from the marinade and pat dry. Set the marinade aside.

Step 4

Put the marinated steaks in a heated pan with a little oil and fry for about 3 minutes over medium heat. When one side is well caramelized, turn and fry for another 3 minutes. Now over low heat, add the marinade and heat or reduce with the meat for 2 minutes. When the sauce is reduced and shiny, arrange the steaks with the vegetable and serve.