



TERIYAKI PORK CUTLETS

- 4 thick pork cutlets, trimmed
- Olive oil cooking spray
- Thin hokkien noodles and steamed baby bok choy, to serve
- 1/2 cup soy sauce
- 1/4 cup sherry or mirin
- 1 tbs castor sugar
- 2 tsp finely grated ginger
- 1 large garlic clove, crushed



Place pork into a shallow glass or ceramic dish.

Make marinade: Combine soy sauce, sherry, sugar, ginger and garlic in a jug & mix well. Pour over cutlets. Cover. Refrigerate for at least 1 hour, or up to 8 hours, turning once.

Remove cutlets from fridge 15 minutes before cooking. Drain cutlets, reserving marinade. Spray a large frying pan with oil. Heat over medium heat. Cook cutlets for 5 minutes each side, or until cooked to your liking. Transfer to a plate. Cover loosely with foil.

Add reserved marinade to frying pan. Bring to the boil. Reduce heat to low. Simmer for 5 minutes, scraping base of frying pan to prevent mixture from sticking. Place noodles and bok choy into serving bowls. Top with cutlets. Drizzle with marinade. Serve.

