

Pork bulgogi in lettuce

Total time 90 mins 15 mins preparation time 15 mins cooking time 60 mins marinating time

Nutritional facts (per portion):

1,329 kJ / 318 kcal

INGREDIENTS

2 portion(s)

300 g pork tenderloin3 cloves of garlic0.5 sour apple

1 piece of ginger (approx. 3 cm)1 small bunch of spring

onions

1 tbsp <u>Kikkoman Toasted</u>

Sesame Oil

1 tbsp honey

Pepper to taste

75 ml <u>Kikkoman Naturally</u>

Brewed Soy Sauce

2 tbsp roasted sesame seeds

For serving:

8 shiso / perilla leaves8 butter lettuce leaves0.5 bunch of fresh coriander

1 cucumber

Fat: **16 g** Protein: **35 g** Carbohydrates: **8 g**

PREPARATION

Step 1

300 g pork tenderloin - **3** cloves of garlic - **0.5** sour apple - **1** piece of ginger (approx. 3cm) - **1** small bunch of spring onions Cut the meat into thin slices. Roughly chop the garlic, apple, ginger and spring onions.

Step 2

Put the chopped garlic, apple, ginger and spring onions into a food processor or blender. Purée to a smooth paste.

Step 3

1 tbsp <u>Kikkoman Toasted Sesame Oil</u> - **1 tbsp** honey - Pepper to taste - **75 ml** <u>Kikkoman</u> <u>Naturally Brewed Soy Sauce</u> - **2 tbsp** roasted sesame seeds

Add the sauce from step 2 and the remaining ingredients (Kikkoman Sesame Oil, honey, pepper, Kikkoman Soy Sauce and roasted sesame seeds) to the sliced pork. Marinate for at least 1 hour, preferably overnight.

Step 4

8 shiso / perilla leaves - **8** butter lettuce leaves - **0.5 bunch** of fresh coriander - **0.5** cucumber Remove excess marinade from the meat and barbecue or griddle in a very hot pan for roughly 2 minutes on each side.

Serve with herbs, lettuce leaves and chopped cucumber.