KIKKOMAN

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

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

INGREDIENTS

2 portion(s)

300 g	pork tenderloin
3	cloves of garlic
0.5	sour apple
1 piece	of ginger (approx. 3 cm)
1	small bunch of spring onions
1 tbsp	Kikkoman Toasted Sesame Oil
1 tbsp	honey
	Pepper to taste
75 ml	Kikkoman Naturally Brewed Soy Sauce
2 tbsp	roasted sesame seeds
For serving:	
8	shiso / perilla leaves
8	butter lettuce leaves
0.5 bunch	of fresh coriander
1	cucumber

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 Kikkoman Toasted Sesame Oil - **1 tbsp** honey - Pepper to taste - **75 ml** Kikkoman Naturally Brewed Soy Sauce - **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.