



Colour Your Plate with
Asparagus

Sautéed Japanese Yamagata Pork Loin served with Fresh Asparagus and Seasonal Cherry Tomato

日本山形豬扒配新鮮蘆筍和時令車厘藤茄

4 servings 4人份



Creative recipe
創意食譜

Ingredients

Japanese Yamagata Pork Loin [Previously Frozen]	2 pcs
Italian Green Asparagus	6 pcs
Dutch Cherry Tomato On Vine - Red	10 pcs
Kagome Tomato Puree 200g	150 ml
KOKONOEMIRIN Japanese Hon Mirin	1 tbsp
Onion	1/4 pc
Oil	1 1/2 tbsp
Flour	a little
Salt	1/4 tsp

食材

日本山形豬扒 [經解凍處理]	2塊
意大利蘆筍	6條
荷蘭紅車厘藤茄	10顆
Kagome 蕃茄醬 200g	150毫升
九重味淋 純國產本味醂	1湯匙
洋蔥	1/4個
油	1 1/2 湯匙
麵粉	少量
鹽	1/4 茶匙





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Step

1. Sliced the lower part of asparagus diagonally and cut the upper part to size that is easy to eat. Boil quickly and expose to cold water. Cut the cherry tomatoes in half and mince the onions.
2. Heat oil in frying pan and fry onions in high heat, add seasoning and remove half of the water. Add tomato. Use another boil to cook asparagus in 1 minute then mix and turn off the heat.
3. Sprinkle a little salt and lightly sprinkle flour to the pork. Fry in a pan with oil till two sides are golden. 2 minutes later, cut it into pieces that are easy to eat.
4. Put the pork to a plate and add the sauce to finish.

步驟

1. 斜切蘆筍的下半部，將上半部切成易於食用的大小。快速煮沸並暴露於冷水中。將車厘茄切成兩半，切碎洋蔥。
2. 在煎鍋中加熱油，然後在高溫下炒洋蔥，加調味料並除去一半的水加入番茄。再用另一個鍋燒煮蘆筍1分鐘，然後與番茄混合併關閉火鍋。
3. 在豬肉上撒些鹽，然後撒些麵粉。用油在鍋裡煎，直到兩面都變成金黃色。2分鐘後，將其切成易於食用的大小。
4. 將豬肉放到盤子裡，加入醬汁。