

Menchi-Katsu with Tofu and Vegetables



802 kcal
(per serving)



40 min



A healthy menchi-katsu containing plenty of vegetables and tofu. Mixing tofu with ground Wagyu makes the meat tender and lighter.

Makes 2 servings

Wagyu bottom round (sliced) 120 g

Meat Mixture

Ground Wagyu	50 g
Firm tofu	1/4 block (80 g)
Egg (beaten)	10 g
Panko	1 tablespoon
Salt	Pinch
Pepper	Pinch
Onion	1/2 (100 g)
Kabocha squash	80 g
Flour	2 teaspoons
Ketchup	2 tablespoons

Breading Ingredients

Flour	2 tablespoons
Egg	1
Panko	50 g
Oil for frying	

1. In a bowl, add ground Wagyu, tofu, beaten egg, panko, salt, and pepper. Knead well until mixture comes together.
2. Cut onion into half and then quarter. Separate each onion layer. Cut kabocha into 4 or 5 mm thick slices.
3. Lightly coat the onion and kabocha slices in flour. Form patties from the meat mixture, pressing a piece of onion and kabocha slice into the top and bottom of each patty.
4. Wrap patties in slices of Wagyu round, and season with salt and pepper.
5. Coat each patty in flour, dip in beaten egg, and coat with panko. Deep fry patties in 170°C oil for about 5 minutes.
6. Arrange menchi-katsu on a plate with fresh vegetables. Serve with ketchup or your preferred sauce.