

## Pork Milanese with Saffron Japanese Rice

### Air Fryer

2 Servings

#### Ingredients – Pork

- 2 とんかつ用ロース pork loin chops (1.5–2 cm thick, ~300 g total)
- 1/4 tsp / 1.5 g salt
- 1/8 tsp black pepper
- 40 g fresh panko (生パン粉)
- 1 T / 5 g grated parmesan
- 1 tsp lemon zest
- 1 large egg, beaten
- 30 g plain flour
- Oil spray



#### Ingredients – Saffron Japanese Rice

- 150 g Japanese short-grain white rice (uncooked)
- 1/2 onion (100 g), finely chopped
- 1 clove garlic, minced
- 1/4 tsp saffron threads, bloomed in 2 T warm stock
- 300 ml 1/2-strength chicken stock
- 1 tsp / 5 g olive oil
- 1 tsp / 5 g butter
- 1 T / 5 g grated parmesan
- Pinch salt + pinch MSG

#### Optional Garnish

- 20 g rocket (arugula)
- Lemon wedges

#### Instructions – Pork (Air Fryer)

1. Butterfly thicker **chops** if needed and lightly pound to 1.2–1.5 cm.
2. Season pork with **salt** and **pepper**.
3. Mix **panko**, **parmesan**, and **lemon zest**.
4. Dredge pork in **flour**, dip in **egg**, coat in **panko** mixture, pressing firmly.
5. **Preheat** air fryer to **190°C**.
6. Lightly spray basket (no liner). Place pork in basket and spray tops.
7. **Cook 4–5 minutes**; flip and **cook 4–5 minutes** more until golden and 63–65°C internal.
8. **Rest 3 minutes** before slicing.

#### Instructions – Rice

1. Rinse rice lightly once (do not over-wash). Drain well.
2. In saucepan heat **olive oil**; sauté **onion 3–4 minutes** until soft.

3. Add **garlic**; cook **30 seconds**.
4. Add **rice**; **stir 1 minute to coat**.
5. Add **saffron stock** mixture. Simmer gently, adding remaining stock gradually.
6. Stir occasionally (not constantly) for **12–15 minutes** until creamy and tender.
7. Finish with **butter, parmesan, salt, and MSG**.

#### To Serve

- Spoon rice onto plates.
- Slice pork and arrange on top.
- Garnish with **arugula** and **lemon**.

#### Nutrition (Per Serving)

Kcal: 735 | Protein: 46 g | Fat: 28 g | Sat. Fat: 8 g | Carbs: 71 g | Sugars: 5 g |  
Fiber: 3 g | Sodium: 640 mg | Omega-3: 0.09 g

#### Nutrition (Total Dish)

Kcal: 1470 | Protein: 92 g | Fat: 56 g | Sat. Fat: 16 g | Carbs: 142 g | Sugars: 10 g  
| Fiber: 6 g | Sodium: 1280 mg | Omega-3: 0.18 g