Panko Crusted Mustard Pork Cutlets

Description

I have become a BIG fan of using dijon mustard to coat meat... It seems to not only enhance the meat's flavor, but also helps to seal in the juices. This recipe is the perfect testament to that theory - It's a must-try!



Summary

Yield: 2
Prep Time: 45 minutes
Category: Meats
Cuisine: American

Ingredients

- 3/4 cup panko bread crumbs
- 1/2 tsp dried sage
- 1 tsp lemon zest
- 1/2 tsp pepper
- 1 egg
- 2 tbsp water
- 1 tbsp Mayonaisse
- 1 tbsp dijon mustard
- 2 10 oz. pork cutlets
- 3 tbsp olive oil

Instructions

Combine first 4 ingredients on plate.

Whisk egg and 2 T water in medium bowl to blend.

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Whisk mayonnaise and Dijon mustard in small bowl.

Dredge pork cutlets with mayo-mustard mixture;

dip into beaten egg,

then coat with panko crumb mixture.

Transfer to plate.

Heat oil in heavy medium skillet over med-high heat.

Add pork; cook until no longer pink on inside and crumbs are golden brown, about 5 minutes per side.

Garnish with fresh sage, if desired, and serve with lemon wedges.