



## Baked Pork Chop Rice in Tomato Sauce

### Ingredients

TruNatural Pork Loin Chop	2 pieces	Garlic	2 pieces
Tomato	2 pieces	Flour	1/4 cup
Onion	½ piece	Bread crumbs	1/4 cup
Rice (Cooked)	2 bowls	Shredded cheese (cheddar cheese)	1/2 cup
Eggs	3 pieces		

### Pork chop seasoning

Knorr Chicken Powder	To taste
Salt	1/2 teaspoon
Sugar	1/2 teaspoon
Shaoxing wine	1 teaspoon
Pepper	To taste
Sesame oil	To taste

### Tomato sauce

Knorr Liquid Seasoning	To taste
Tomato sauce	2 tablespoons
Worcestershire sauce	2 teaspoons
Cornstarch	1 teaspoon
Sugar	1 teaspoon
Salt	1/2 teaspoon
Chicken broth or water	1/2 cup

### Instructions

1. Mix the tenderized pork chop with the seasonings and marinate in the refrigerator for half an hour.
2. Beat two eggs and mix them with two bowls of rice.
3. Stir-fry the rice mixture in a pan, add a little salt and cook until the egg is cooked. Put them in a baking tray.
4. Dip the pork chops in flour, and then dip them in egg sauce. Coat with bread crumbs.
5. Pan fry the pork chops until it is eighty percent cooked. Let it cool and cut them into large pieces, and place on top of the fried rice.
6. Sauté minced garlic and add tomatoes and onions, cook until the onion is soften.
7. Add tomato sauce, cook until boiled and pour it onto the pork chops and rice, add grated cheese.
8. Bake at 350 degrees for 8 to 10 minutes.