



UCCOOK

Crumbed Pork Kassler & Lush Mash

with a honey mustard sauce & green leaves

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	711kJ	3886kJ
Energy	170kcal	930kcal
Protein	8.7g	47.5g
Carbs	15g	80g
of which sugars	3.7g	20g
Fibre	1.9g	10.6g
Fat	9g	49.3g
of which saturated	4.3g	23.3g
Sodium	371mg	2030mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
40ml	80ml	Grated Italian-style Hard Cheese
180g	360g	Pork Kassler Loin Steak
20ml	40ml	Cake Flour
3g	5g	Fresh Parsley <i>rinse, pick & finely chop</i>
50ml	100ml	Panko Breadcrumbs
20g	40g	Green Leaves <i>rinse</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
10ml	20ml	Lemon Juice
50ml	100ml	Fresh Cream
20ml	40ml	Honey Mustard <i>(10ml [20ml] Honey & 10ml [20ml] Wholegrain Mustard)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Egg/s
Milk (optional)
Paper Towel
Butter (optional)
Seasoning (salt & pepper)

1. MASH-IVE FLAVOUR! Place the potato pieces in a pot of salted water. Boil until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional), a splash of water or milk (optional), and ½ the grated cheese. Mash with a fork, season, and cover.

2. CRUMB CRUMB CRUMB! Pat the kassler dry with paper towel. Whisk 1 egg in a shallow dish with 1 tsp of water. In a second shallow dish, add the flour and seasoning. In a third shallow dish, combine ½ the parsley, the remaining cheese, and the breadcrumbs. Coat the kassler in the flour first, then in the egg, and, lastly, in the crumb. When passing through the crumb, press it into the meat so it sticks and coats evenly. Make sure the kassler is fully coated in each mixture before moving on to the next. Dust off any excess in between coatings.

3. CRISP KASSLER Place a pan over medium-low heat with enough oil to cover the base. When hot, fry the crumbed kassler until golden and cooked through, 4-5 minutes per side. Keep an eye on the crumb as it can burn easily! Remove from the pan and drain on paper towel.

4. GOTTA KEEP IT FRESH In a salad bowl, combine the green leaves, the sun-dried tomatoes, a drizzle of olive oil, the lemon juice (to taste), and seasoning. Set aside for serving.

5. GET SAUCY Place a clean pan over medium heat. Add the cream and ¾ of the honey mustard. Mix until fully combined and season. Bring up to a boil and cook until heated through and slightly reduced, 2-3 minutes. Remove from the heat.

6. CRUMB-BELIEVABLE! Plate up the mashed potato. Dollop over the remaining honey mustard and top with the crispy kassler. Drizzle over the honey mustard sauce. Side with the leafy salad. Garnish with the remaining parsley. Well done, Chef!

Chef's Tip If you would like a super smooth potato mash, push the boiled potatoes through a sieve instead of mashing them with a fork or potato masher. Alternatively, use a ricer if you have one.