



# UCOOK

## Crumbed Pork Kassler & Lush Mash

with a honey mustard sauce & green leaves

Sublime buttery mashed potatoes are the perfect accompaniment to crisp and flavourful crumbed pork kassler. Served alongside freshly dressed green leaves and drizzled with a honey mustard sauce, you'll savour every bite!

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person


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**Chef:** Megan Bure

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 Adventurous Foodie

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 Cathedral Cellar Wines | Cathedral Cellar-  
Chardonnay 2022

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## Ingredients & Prep

250g	Potato Chunks <i>cut into bite-sized pieces</i>
40ml	Grated Italian-style Hard Cheese
180g	Pork Kassler Loin Steak
20ml	Cake Flour
3g	Fresh Parsley <i>rinse, pick &amp; finely chop</i>
1	Lemon <i>rinse, zest &amp; cut ½ into wedges</i>
50ml	Panko Breadcrumbs
20g	Green Leaves <i>rinse</i>
20g	Sun-dried Tomatoes <i>roughly chop</i>
50ml	Fresh Cream
20ml	Honey Mustard <i>(10ml Honey &amp; 10ml Wholegrain Mustard)</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Egg/s  
Milk (optional)  
Paper Towel  
Butter (optional)

**1. MASH-IVE FLAVOUR!** Place the potato pieces in a pot of salted water. Bring to the boil and cook 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 chopped parsley, the lemon zest (to taste), the remaining grated 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 onto 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 rinsed green leaves, the chopped sun-dried tomatoes, a drizzle of olive oil, a squeeze of lemon juice, 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. Once boiling, 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 and a lemon wedge. Garnish with the remaining parsley. Well done, Chef!



## Chef's Tip

If you would like 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.

## Nutritional Information

Per 100g

Energy	607kJ
Energy	145kcal
Protein	7.1g
Carbs	14g
of which sugars	3.3g
Fibre	2.1g
Fat	7.4g
of which saturated	3.5g
Sodium	290mg

## Allergens

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

Cook  
within 3  
Days