



UCOOK

Pork Kassler & Tender Baby Potatoes

with parsley, capers & chilli oil

Take your palate on a memorable culinary journey today, starting with a fancy smear of mustard yoghurt, topped with soft baby potato, lightly charred baby marrow, a parsley, caper & lemon juice drizzle dotted with walnuts. The end destination is wrapped up with kassler pork coated in a South African classic: Mrs Balls Chutney!

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 2 People

Chef: Jenna Peoples

Quick & Easy

Waterford Estate | Waterford Rose-Mary Rosé

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Ingredients & Prep

400g	Baby Potatoes <i>halve</i>
200g	Baby Marrow Rounds <i>rinse</i>
360g	Pork Kassler Chunks
10ml	NOMU One For All Rub
40ml	Mrs Balls Chutney
10g	Fresh Parsley <i>rinse & roughly chop</i>
40g	Capers <i>drain & roughly chop</i>
20ml	Lemon Juice
220ml	Mustard Yoghurt <i>(100ml [200ml])#7DA0D7 Low Fat Plain Yoghurt & 10ml [20ml]#7DA0D7 Dijon Mustard)</i>
20g	Walnuts <i>roughly chop</i>
30ml	Banhoek Chilli Oil

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Butter (optional)

1. SOFT POTATOES Place the halved baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, season, and cover.

2. CHUTNEY-COATED PORK Place a pan over medium heat with a drizzle of oil. When hot, fry the baby marrow rounds until charred, 3-4 minutes. Remove from the pan and season. Return the pan to medium-high heat with a drizzle of oil, if necessary. When hot, fry the kassler cubes until crispy, 5-6 minutes (shifting occasionally). In the final 1-2 minutes, baste the pork with a knob of butter (optional), the NOMU rub and the chutney. Remove the pan from the heat and set aside.

3. HERBY CAPER DRIZZLE In a bowl, mix together the parsley, capers, the lemon juice (to taste), 5ml of a sweetener (to taste), some olive oil and seasoning. Set aside.

4. BRING IT ALL TOGETHER Smear the mustard yoghurt on the plate. Pile up the baby potato and baby marrow pieces. Top with the herby capers and walnut pieces. Drizzle over the chilli oil (to taste) and top with the kassler pieces, drizzling over any remaining pan juices.

Chef's Tip

Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	494kJ
Energy	118kcal
Protein	6.3g
Carbs	9g
of which sugars	3.1g
Fibre	1g
Fat	6.3g
of which saturated	1.7g
Sodium	385mg

Allergens

Cow's Milk, Allium, Sulphites, Tree Nuts

Eat
Within
1 Day