



UCCOOK

Honeyed Pork Kassler & Baked Potato

with crème fraîche, spring onion & a crunchy apple salad

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

Chef: Alex Levett

Wine Pairing: Muratie Wine Estate | Muratie Laurens
Campher Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	496kJ	3571kJ
Energy	119kcal	854kcal
Protein	5.6g	40g
Carbs	10g	75g
of which sugars	4.7g	33.9g
Fibre	1.5g	10.7g
Fat	6g	43.3g
of which saturated	2.9g	20.6g
Sodium	238mg	1713mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse</i>
30g	40g	Sunflower Seeds
150ml	200ml	Crème Fraîche
2	2	Spring Onions <i>rinse, trim & finely slice</i>
540g	720g	Pork Kassler Steak
7.5ml	10ml	Smoked Paprika
45ml	60ml	Honey-mustard Dressing <i>(30ml [40ml] Honey & 15ml [20ml] Dijon Mustard)</i>
60ml	80ml	White Wine Vinegar
1	1	Apple <i>rinse</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
150g	200g	Cucumber <i>rinse & slice into thin half-moons</i>

From Your Kitchen

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

1. DREAMY SPUD! Preheat the oven to 220°C. Cut the potato in half lengthways and place on the tray – don't remove the skin! Coat in oil, season, and turn cut-side down. Bake in the hot oven until the flesh is soft and the skin is crispy, 40-45 minutes. Alternatively, air fry at 200°C until crispy, 35-40 minutes (shifting halfway.)

2. TOAST & INFUSE Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. Place the crème fraîche in a bowl with $\frac{3}{4}$ of the spring onion. Mix to combine and season.

3. STICKY, SMOKY KASSLER When the potato has 10 minutes remaining, return the pan to medium-high heat. Lightly coat the pork in oil, pepper, and the smoked paprika. When the pan is hot, cook the pork fat-side down until the fat is rendered and golden, 3-5 minutes. Then, fry the flesh for about 1 minute per side. Add $\frac{1}{2}$ of the honey-mustard dressing and the vinegar, and fry until cooked through and sticky, 1-2 minutes per side. Remove from the pan and allow to rest, 3-5 minutes.

4. ASSEMBLE Slice $\frac{3}{4}$ [all] of the apple into thin wedges and place in a bowl. Toss through the salad leaves, the cucumber, the remaining honey-mustard dressing, and set aside.

5. JACKET POTATOES Once the potato is cooked, carefully spoon the flesh into a bowl without breaking the skin and fluff with a fork. Mix in a small knob of butter and seasoning, and return to the skins. Pop the filled potato back in the hot oven before serving.

6. DISH IT UP Plate up the buttery baked potato, top with a big dollop of tangy crème fraîche, and side with the glazed pork kassler. Sprinkle the toasted seeds over the apple salad and serve on the side. Garnish with the remaining spring onion. Guten Appetit!