



UCCOOK

Pork Kassler & Tender Baby Potatoes

with parsley, capers & chilli oil

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Groote Post Winery | Groote Post Pinch of Salt Chardonnay

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 508kJ | 3508kJ |
| Energy | 122kcal | 839kcal |
| Protein | 6.4g | 44g |
| Carbs | 9g | 63g |
| of which sugars | 3.1g | 21.4g |
| Fibre | 1.1g | 7.6g |
| Fat | 6.5g | 44.8g |
| of which saturated | 1.8g | 12.4g |
| Sodium | 390.1mg | 2692mg |

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 15ml | 30ml | Banhoeck Chilli Oil |
| 110ml | 220ml | Mustard Yoghurt <i>(100ml [200ml] Low Fat Plain Yoghurt & 10ml [20ml] Dijon Mustard)</i> |
| 10g | 20g | Walnuts <i>roughly chop</i> |
| 20ml | 40ml | Mrs Balls Chutney |
| 80g | 160g | Patty Pans <i>rinse, trim & cut into bite-sized pieces</i> |
| 20g | 40g | Capers <i>drain & roughly chop</i> |
| 180g | 360g | Pork Kassler Chunks |
| 3g | 5g | Fresh Parsley <i>rinse & roughly chop</i> |
| 5ml | 10ml | NOMU One For All Rub |
| 10ml | 20ml | Lemon Juice |
| 200g | 400g | Baby Potatoes <i>rinse & halve</i> |

From Your Kitchen

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

1. SOFT POTATOES Place the 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 patty pans 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 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, the 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 patty pan 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.