



UCCOOK

Roasted Sweet Potato & Smoky Kassler

with a lemon dijon dressing

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Olivia Johnstone

Wine Pairing: Paul Cluver | Village Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	513kJ	2967kJ
Energy	122kcal	709kcal
Protein	7.1g	41.2g
Carbs	9g	51g
of which sugars	3g	17.6g
Fibre	1.9g	11g
Fat	6.1g	35.4g
of which saturated	2.4g	13.7g
Sodium	381mg	2205mg

Allergens: Cow's Milk, Sulphites, Tree Nuts

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1

[Serves 2]

250g	500g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
10g	20g	Almonds
180g	360g	Pork Kassler Steak
25ml	50ml	Lemon Dijon Dressing <i>(15ml [30ml] Lemon Juice & 10ml [20ml] Dijon Mustard)</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
40g	80g	Green Leaves <i>rinse</i>
20g	40g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Sugar/Sweetener/Honey

1. SWEET ON SWEET POTATOES Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

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

3. CRISPY KASSLER Pat the kassler dry with paper towel. Using a pair of kitchen scissors or a knife, make a few shallow incisions along the fat to prevent the kassler from buckling during frying. Return the pan to medium-high heat. Sear the kassler, fat-side down, until crispy, 3-5 minutes. Flip the kassler and sear until browned, 3-4 minutes per side.

4. FETA & ALMOND SALAD In a bowl, combine the lemon dijon dressing, a sweetener (to taste), and a drizzle of olive oil. Add the cucumber, the green leaves, the feta, the almonds, and seasoning.

5. SO GOOD! Place up the fresh salad, side with the golden sweet potatoes, and the kassler, and all the pan juices. Enjoy!