



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!


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Megan Bure

 Adventurous Foodie

 Cathedral Cellar Wines | Cathedral Cellar-
Chardonnay 2022

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Ingredients & Prep

500g	Potato Chunks <i>cut into bite-sized pieces</i>
80ml	Grated Italian-style Hard Cheese
360g	Pork Kassler Loin Steak
40ml	Cake Flour
5g	Fresh Parsley <i>rinse, pick & finely chop</i>
1	Lemon <i>rinse, zest & cut into wedges</i>
100ml	Panko Breadcrumbs
40g	Green Leaves <i>rinse</i>
40g	Sun-dried Tomatoes <i>roughly chop</i>
100ml	Fresh Cream
40ml	Honey Mustard <i>(20ml Honey & 20ml 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 each 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 each 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