



# UCCOOK

## Dijon Apple Sauce & Pork Kassler

with salad leaves & sweet potato

A classic flavour pairing, pork and apple, but with a mustard kick! Served with buttery soft sweet potato and fragrant sage, and a crunchy walnut salad, the classics are clearly the classics for a reason!

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**Hands-On Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People


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**Chef:** Aisling Kenny

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 Quick & Easy

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 Boschendal | 1685 Chardonnay

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## Ingredients & Prep

500g	Sweet Potato <i>rinsed &amp; cut into bite-sized chunks</i>
8g	Fresh Sage <i>rinsed, picked &amp; dried</i>
10ml	Chicken Stock
20ml	Dijon Mustard
1	Apple
360g	Pork Kassler Loin Steak
1	Red Onion <i>peeled &amp; cut into wedges</i>
40g	Salad Leaves <i>rinsed</i>
20g	Walnuts
20ml	Red Wine Vinegar

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter (optional)

**1. SAGE & SWEET POTATO** Boil the kettle. Place the sweet potato chunks in a pot of salted water over a high heat. Pop on the lid and bring to the boil. Allow to simmer for 15-20 minutes until cooked through and soft. Remove from the heat on completion, drain, and return to the pot. Add a knob of butter or a drizzle of oil, ½ the rinsed sage, and seasoning. Toss until the potato chunks are fully coated in the butter or oil. Cover to keep warm.

**2. LET'S PREP** While the potatoes are cooking, place the stock in a bowl. Add the Dijon mustard and 200ml of boiling water. Mix until fully combined. Rinse and slice the apple into wedges.

**3. KASSLER & SAUCE** Pat the pork kassler dry with some paper towel. Coat in oil and season. Using a pair of kitchen scissors or a knife, make a few shallow incisions along the fat to prevent the meat from buckling during frying. Place a non-stick pan over a high heat. When hot, sear the kassler fat-side down for 2-3 minutes until the fat becomes rendered and crispy. Then, fry for 1-2 minutes per side until browned. On completion, add the apple and onion wedges to the pan with the kassler. Fry for a further 3-4 minutes until the apple has softened, shifting frequently. Add the remaining sage and the mustard stock mix. Leave to simmer for 2-4 minutes until the liquid has reduced and slightly thickened. Season to taste.

**4. CRUNCHY SALAD** In a bowl, combine the rinsed salad leaves, the walnuts, the red wine vinegar (to taste), a drizzle of oil, and seasoning.

**5. KLASSIC KASSLER** Plate up the kassler. Top with the apple & mustard sauce. Serve with the sage sweet potato and the walnut salad. Wow, Chef!



## Chef's Tip

To stop the sliced apple from browning, place it in a bowl of water with a squeeze of lemon juice.

## Nutritional Information

Per 100g

Energy	431kJ
Energy	103Kcal
Protein	5.5g
Carbs	10g
of which sugars	4.4g
Fibre	1.8g
Fat	4.4g
of which saturated	1.5g
Sodium	381.7mg

## Allergens

Allium, Sulphites, Tree Nuts

Cook  
within  
4 Days