



UCOOK

Dijon Apple Sauce & Pork

with sage sweet potato

A classic flavour pairing: pork kassler and apple! Served with buttery sweet potato, fragrant sage, and a crunchy walnut salad. The classics are classics for a reason!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Kate Gomba

 Quick & Easy

 Simonsig | Die Kluisenaar White Blend

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

500g	Sweet Potato Chunks <i>rinsed & cut into bite-sized pieces</i>
5g	Fresh Sage <i>rinsed, picked & dried</i>
10ml	Chicken Stock
20ml	Dijon Mustard
1	Apple
20g	Walnuts <i>roughly chopped</i>
360g	Pork Kassler Loin Steak
1	Onion <i>peeled & cut into wedges</i>
40g	Salad Leaves <i>rinsed & roughly shredded</i>
20ml	Red Wine Vinegar

From Your Kitchen

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

1. SAGE & SWEET POTATO Place the sweet potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add ½ the rinsed sage, a knob of butter (optional) or a drizzle of oil, and seasoning. Toss until the sweet potato pieces are fully coated. Cover.

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

3. TOAST 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.

4. KASSLER & SAUCE 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. When hot, sear the kassler fat-side down until crispy, 3-5 minutes. Flip the kassler and sear until browned, 3-4 minutes per side. Add the apple & onion wedges. Fry until the apple has softened, 3-4 minutes (shifting frequently). Add the remaining sage and the mustard stock mix. Leave to simmer until the liquid has reduced and slightly thickened, 2-4 minutes. Season.

5. CRUNCHY SALAD In a bowl, combine the rinsed salad leaves, the toasted nuts, the red wine vinegar (to taste), a drizzle of olive oil, and seasoning.

6. 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 prevent the sliced apple from browning, place in a bowl of water with a squeeze of lemon juice.

Nutritional Information

Per 100g

Energy	418kj
Energy	100kcal
Protein	5.2g
Carbs	10g
of which sugars	4.8g
Fibre	1.7g
Fat	4.2g
of which saturated	1.4g
Sodium	358mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 2
Days