

U COOK



Tangy Bulgur & Kassler

with balsamic vinegar

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Creation Wines | Creation Viognier

Nutritional Info	Per 100g	Per Portion
Energy	603kJ	3490kJ
Energy	144kcal	835kcal
Protein	8.4g	48.6g
Carbs	15g	85g
of which sugars	3g	17.5g
Fibre	2.3g	13.6g
Fat	5.8g	33.6g
of which saturated	2.8g	16.5g
Sodium	379mg	2196mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	Serves 2	
75ml	150ml	Bulgur Wheat
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
20g	40g	Piquanté Peppers <i>drain</i>
75g	75g	Julienne Carrots
50g	100g	Cucumber <i>rinse & roughly dice</i>
40g	80g	Danish-style Feta <i>drain</i>
75g	150g	Sliced Onions
40g	80g	Corn
180g	360g	Pork Kassler Steak Chunks
30ml	60ml	White Balsamic Vinegar

1. LOAD THE BULGUR Boil the kettle. Place the bulgur wheat in a pot with 150ml [300ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, and fluff with a fork. Toss through the parsley, the peppers, the carrots, the cucumber, the feta, and season.

2. ONION & CORN Place a pan over medium heat with a drizzle of oil. When hot, fry the onion, and the corn until golden, 4-5 minutes (shifting occasionally). Remove from the heat and add to the bulgur.

3. CRISPY KASSLER Return the pan to medium heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, fry the kassler until crispy, 5-6 minutes (shifting occasionally). Remove from the pan and set aside.

4. THIS WILL FILL YOU UP! Dish up the bulgur salad and top with the kassler. Drizzle over the balsamic vinegar.

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel