



# UCOOK

## Pork Kassler & Tender Baby Potatoes

with parsley, capers & chilli oil

Take your palate on a memorable culinary journey today, starting with a fancy smear of mustard yoghurt, topped with soft baby potato, lightly charred baby marrow, a parsley, caper & lemon juice drizzle dotted with walnuts. The end destination is wrapped up with kassler pork coated in a South African classic: Mrs Balls Chutney!

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**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Jenna Peoples

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Quick & Easy

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Waterford Estate | Waterford Rose-Mary Rosé

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## Ingredients & Prep

|       |                                                                                                                             |
|-------|-----------------------------------------------------------------------------------------------------------------------------|
| 200g  | Baby Potatoes<br><i>halve</i>                                                                                               |
| 100g  | Baby Marrow Rounds<br><i>rinse</i>                                                                                          |
| 180g  | Pork Kassler Chunks                                                                                                         |
| 5ml   | NOMU One For All Rub                                                                                                        |
| 20ml  | Mrs Balls Chutney                                                                                                           |
| 6g    | Fresh Parsley<br><i>rinse &amp; roughly chop</i>                                                                            |
| 20g   | Capers<br><i>drain &amp; roughly chop</i>                                                                                   |
| 10ml  | Lemon Juice                                                                                                                 |
| 110ml | Mustard Yoghurt<br><i>(100ml [200ml])#7DA0D7<br/>Low Fat Plain Yoghurt<br/>&amp; 10ml [20ml])#7DA0D7<br/>Dijon Mustard)</i> |
| 10g   | Walnuts<br><i>roughly chop</i>                                                                                              |
| 15ml  | Banhoek Chilli Oil                                                                                                          |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Sugar/Sweetener/Honey  
Butter (optional)

**1. SOFT POTATOES** Place the halved baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, season, and cover.

**2. CHUTNEY-COATED PORK** Place a pan over medium heat with a drizzle of oil. When hot, fry the baby marrow rounds until charred, 3-4 minutes. Remove from the pan and season. Return the pan to medium-high heat with a drizzle of oil, if necessary. When hot, fry the kassler cubes until crispy, 5-6 minutes (shifting occasionally). In the final 1-2 minutes, baste the pork with a knob of butter (optional), the NOMU rub and the chutney. Remove the pan from the heat and set aside.

**3. HERBY CAPER DRIZZLE** In a bowl, mix together the parsley, capers, the lemon juice (to taste), 5ml of a sweetener (to taste), some olive oil and seasoning. Set aside.

**4. BRING IT ALL TOGETHER** Smear the mustard yoghurt on the plate. Pile up the baby potato and baby marrow pieces. Top with the herby capers and walnut pieces. Drizzle over the chilli oil (to taste) and top with the kassler pieces, drizzling over any remaining pan juices.



## Chef's Tip

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.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 494kJ   |
| Energy             | 118kcal |
| Protein            | 6.3g    |
| Carbs              | 9g      |
| of which sugars    | 3.1g    |
| Fibre              | 1g      |
| Fat                | 6.3g    |
| of which saturated | 1.7g    |
| Sodium             | 385mg   |

## Allergens

Cow's Milk, Allium, Sulphites, Tree Nuts

Eat  
Within  
1 Day