



UCCOOK

Smoky Kassler & Pumpkin Mash

with NOMU Spanish Rub, a garden salad & honey-mustard dressing

The naturally smoky and salty flavour of pork kassler is elevated by a smoky blend of herbs and spices to make it the star of this supper show. It's accompanied by sweet, wholesome mash, pumpkin seeds, and elegant leaves of fresh origanum.

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Tami Schrire

 Easy Peasy

 Delheim Wines | Sauvignon Blanc

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Ingredients & Prep

250g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
35ml	Honey-Mustard Dressing <i>(10ml Honey, 5ml Dijon Mustard & 20ml White Wine Vinegar)</i>
80g	Baby Tomatoes <i>rinsed & halved</i>
10g	Pumpkin Seeds
1	Pork Kassler Steak
5ml	NOMU Spanish Rub
50g	Peas
30g	Green Leaves <i>rinsed & shredded</i>
50g	Cucumber <i>cut into half-moons</i>
3g	Fresh Origanum <i>rinsed & picked</i>

From Your Kitchen

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

1. PUMP UP THE PUMPKIN Boil the kettle. Place a pot over a medium-high heat with 2cm of boiling water covering the base. Once steaming, place the pumpkin pieces in a colander over the pot and cover with a lid. Allow to steam for 15-20 minutes until cooked through and soft. Alternatively, use a steamer if you have one.

2. DRESSED TO IMPRESS In a bowl, combine the honey-mustard dressing with 5ml of olive oil. Toss through the halved baby tomatoes, season to taste, and set aside to marinate.

3. POP THE SEEDS Place a nonstick pan over a medium heat. When hot, toast the pumpkin seeds for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion and set aside to cool.

4. CRISPY KASSLER Pat the pork dry with paper towel. Using a sharp knife, make a few shallow incisions along the fat to prevent the meat from buckling during frying. Return the pan to a medium-high heat. When hot, sear the pork fat-side down for 3-5 minutes until crispy. (It doesn't need oil, it will render its own fat!) Fry for 3-4 minutes per side until cooked through and glossy. During the final minute, baste with a knob of butter and the Spanish Rub to taste. Remove on completion (leaving the meat juices in the pan) and set aside to rest for 5 minutes before serving.

5. FINAL TOUCHES When the pumpkin is cooked, drain and return to the pot. Add a knob of butter or coconut oil (optional), and mash with a fork or potato masher until smooth and combined. If too thick, loosen with a splash of milk or water. Replace the lid and set aside to keep warm until serving. Return the pan to the heat and fry the peas for 2-3 minutes until warmed through and coated. On completion, transfer to a salad bowl. Toss through the rinsed green leaves, cucumber half-moons, baby tomatoes, and honey-mustard dressing to taste.

6. DIG IN Plate up the smoky pork kassler and side with hearty helpings of pumpkin mash and garden salad. Garnish with the toasted pumpkin seeds and the origanum leaves. Good work, Chef!

Nutritional Information

Per 100g

Energy	367kJ
Energy	88Kcal
Protein	5.9g
Carbs	8g
of which sugars	3.7g
Fibre	2.1g
Fat	3.6g
of which saturated	1.4g
Sodium	336mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days