



UCCOOK

Pork Kassler & Horseradish Sauce

with apple & sauerkraut

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Creation Wines | Creation Sauvignon Blanc/Semillon

Nutritional Info	Per 100g	Per Portion
Energy	559kJ	4020kJ
Energy	134kcal	962kcal
Protein	5.8g	41.6g
Carbs	15g	107g
of which sugars	4.7g	33.9g
Fibre	2g	14.6g
Fat	5.8g	41.9g
of which saturated	2.3g	16.3g
Sodium	337mg	2422mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Jasmine Rice <i>rinse</i>
10g	20g	Almonds <i>roughly chop</i>
20g	40g	Green Leaves <i>rinse & roughly shred</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
180g	360g	Pork Kassler Steak Chunks
1	1	Onion <i>peel & roughly slice ½ [1]</i>
1	1	Apple <i>rinse, peel, core & thinly slice ½ [1]</i>
30g	60g	Sauerkraut
50ml	100ml	Creamy Horseradish Sauce <i>(20ml [40ml] Crème Fraîche & 30ml [60ml] Horseradish Sauce)</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. **READY THE RICE** Place the rice in a pot with 150ml [300ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. **FOR SOME CRUNCH** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. **TANGY SALAD** In a salad bowl, combine the leaves with the toasted nuts, the sun-dried tomato and seasoning. Toss and set aside.

4. **CRISPY KASSLER** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the kassler cubes until crispy, 5-6 minutes (shifting as they colour). Remove from the pan (reserving any rendered fat) and set aside.

5. **SECRET SAUERKRAUT METHOD** Return the pan with the fat to medium heat with a drizzle of oil, if necessary. Fry the onion until golden, 4-5 minutes (shifting occasionally). Add the apple and fry until softened and golden, 4-5 minutes (shifting occasionally). Add the sauerkraut and cook until warmed through, 2-3 minutes (shifting occasionally). Season and remove from the heat.

6. **GRAB A FORK & KNIFE** Plate up the steaming rice and top with the onion and apple mixture, then the crispy kassler chunks. Serve the dressed salad alongside and dollop over the creamy sauce.