



UCOOK

Pork Kassler & Smashed Potatoes

with crème fraîche, lemon & a crunchy apple salad

This flavourful cut of pork is an exquisite choice to be coated in smoked paprika and glazed in a honey & mustard basting. The sweet-salty perfection sails alongside golden smashed potatoes and luscious lemon crème fraîche, and a zippy crunch of apple salad.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Alex Levett

 Fan Faves

 Creation Wines | Creation Chardonnay

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Ingredients & Prep

400g	Baby Potatoes <i>rinsed</i>
20g	Sunflower Seeds
100ml	Crème Fraîche
1	Lemon <i>½ zested & cut into wedges</i>
10ml	Dijon Mustard
360g	Pork Kassler Loin Steak
5ml	Smoked Paprika
40ml	White Wine Vinegar
1	Apple <i>rinsed</i>
40g	Green Leaves <i>rinsed</i>
100g	Cucumber <i>rinsed & sliced into thin half-moons</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. DREAMY SPUDS! Preheat the oven to 200°C. Place the rinsed baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, season, and set aside.

2. TOAST & INFUSE Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. Place the crème fraîche in a bowl and mix with the juice from 2 lemon wedges, the zest (to taste), and seasoning. Set aside.

3. DELICIOUS DRESSING In a separate bowl, add the mustard and mix with 10ml of a sweetener, a drizzle of oil and seasoning.

4. STICKY, SMOKY KASSLER When the potatoes have finished boiling, return the pan to medium-high heat. 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 it buckling during frying. Lightly coat the kassler in oil. When hot, sear the kassler, fat-side down, until crispy, 3-5 minutes. Flip and sear until browned, 3-4 minutes per side. Baste with the smoked paprika (to taste), 1-2 minutes. Drain the oil from the pan and add in ½ of the mustard dressing, and the vinegar and fry until cooked through and sticky, 1-2 minutes per side. Remove from the pan and rest for 3-5 minutes.

5. SMASH 'EM Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle with a little oil and season. Roast in the hot oven until crispy, 15-20 minutes.

6. ASSEMBLE Slice ½ the apple into thin wedges and place in a salad bowl, setting aside the remainder for another meal. Add in the rinsed green leaves, the cucumber half-moons, and the remaining honey-mustard dressing. Toss and set aside.

7. DISH IT UP Plate up the golden smashed potatoes, top with a big dollop of zesty crème fraîche, and side with the glazed pork kassler. Sprinkle the toasted seeds over the apple salad and serve on the side. Serve any remaining lemon wedges on the side. Guten Appetit!



Chef's Tip

Air fryer method: Place the parboiled potatoes in the airfryer tray. Press with a fork, splitting the skin, but keeping them intact. Drizzle with oil and season. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	512kj
Energy	122kcal
Protein	5.7g
Carbs	9g
of which sugars	3.2g
Fibre	1.6g
Fat	6.9g
of which saturated	3.3g
Sodium	272mg

Allergens

Dairy, Sulphites

Cook
within
4 Days