



# WCOOK

## Honeyed Pork Kassler & Baked Potato

with crème fraîche, spring onion & a crunchy apple salad

**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Alex Levett

**Wine Pairing:** Paul Cluver | Sauvignon Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	492kj	3679kj
Energy	118kcal	880kcal
Protein	5.5g	41g
Carbs	11g	79g
of which sugars	4.7g	35g
Fibre	1.6g	12.1g
Fat	6g	44.6g
of which saturated	2.8g	20.6g
Sodium	240mg	1791mg

**Allergens:** Cow's Milk, Allium, Sulphites

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse</i>
10g	20g	Sunflower Seeds
50ml	100ml	Crème Fraîche
1	1	Spring Onion <i>rinse, trim &amp; finely slice</i>
180g	360g	Pork Kassler Steak
2.5ml	5ml	Smoked Paprika
15ml	30ml	Honey-mustard Dressing <i>(10ml [20ml] Honey &amp; 5ml [10ml] Dijon Mustard)</i>
20ml	40ml	White Wine Vinegar
1	1	Apple <i>rinse</i>
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
50g	100g	Cucumber <i>rinse &amp; slice into thin half-moons</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Butter  
Seasoning (salt & pepper)

**1. DREAMY SPUD!** Preheat the oven to 220°C. Cut the potato in half lengthways and place on the tray – don't remove the skin! Coat in oil, season, and turn cut-side down. Bake in the hot oven until the flesh is soft and the skin is crispy, 30-35 minutes. Alternatively, air fry at 200°C until crispy, 35-40 minutes (shifting halfway.)

**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 with ¾ of the spring onion. Mix to combine and season.

**3. STICKY, SMOKY KASSLER** When the potatoes have 10 minutes remaining, return the pan to medium-high heat. Lightly coat the pork in oil, pepper, and the smoked paprika. When the pan is hot, cook the pork fat-side down until the fat is rendered and golden, 3-5 minutes. Then, fry the flesh for about 1 minute per side. Add ½ of the honey-mustard dressing and the vinegar, and fry until cooked through and sticky, 1-2 minutes per side. Remove from the pan and allow to rest, 3-5 minutes.

**4. ASSEMBLE** Slice a quarter [half] of the apple into thin wedges, place in a bowl and set aside the remaining apple for another meal. Toss through the salad leaves, the cucumber, the remaining honey-mustard dressing, and set aside.

**5. JACKET POTATOES** Once the potatoes are cooked, carefully spoon the flesh into a bowl without breaking the skin and fluff with a fork. Mix in a small knob of butter and seasoning, and return to the skins. Pop the filled potatoes back in the hot oven before serving.

**6. DISH IT UP** Plate up the buttery baked potato, top with a big dollop of tangy crème fraîche, and side with the glazed pork kassler. Sprinkle the toasted seeds over the apple salad and serve on the side. Garnish with the remaining spring onion. Guten Appetit!