

QCOOK

Pork Kassler & Horseradish Sauce

with sauerkraut & a sun-dried tomato salad

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Strandveld | First Sighting Sauvignon Blanc

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Jasmine Rice <i>rinse</i>
30g	40g	Almonds <i>roughly chop</i>
150ml	200ml	Creamy Horseradish <i>(60ml [80ml] Creme Fraiche & 90ml [120ml] Horseradish Sauce)</i>
540g	720g	Pork Kassler Steak Chunks
60g	80g	Green Leaves <i>rinse & roughly shred</i>
60g	80g	Sun-dried Tomatoes <i>roughly chop</i>
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
2	2	Apples <i>rinse, peel, core & thinly slice 1½ [2]</i>
90g	120g	Sauerkraut

From Your Kitchen

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

- 1. READY THE RICE** Place the rice in a pot with 450ml [600ml] 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. 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 occasionally). Remove from the pan (reserving any rendered fat) and set aside.
- 4. TANGY SALAD** In a salad bowl, combine the green leaves with the toasted nuts, the sun-dried tomato and seasoning. Toss and set aside.
- 5. SECRET SAUERKRAUT METHOD** Return the pan with the fat to medium heat with a drizzle of oil. When hot, fry the onion until golden, 5-6 minutes (shifting occasionally). Add the apple and fry until softening and golden, 5-6 minutes (shifting occasionally). Add the sauerkraut and cook until warmed through, 3-4 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.