



UCCOOK

Pork Kassler & Mustard Dressing

with butternut mash & sunflower seeds

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Fan Faves: Serves 3 & 4

Chef: Aisling Kenny

Wine Pairing: Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

Nutritional Info	Per 100g	Per Portion
Energy	493.7kJ	2850.9kJ
Energy	118.1kcal	682kcal
Protein	7.6g	43.8g
Carbs	6.3g	36.4g
of which sugars	1.6g	9g
Fibre	1.4g	8g
Fat	6.6g	38.3g
of which saturated	2.6g	15.2g
Sodium	416.1mg	2402.4mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3

[Serves 4]

750g	1kg	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
30g	40g	Sunflower Seeds
540g	720g	Pork Kassler Steak
22.5ml	30ml	NOMU One For All Rub
45ml	60ml	Dijon Mustard
45ml	60ml	White Wine Vinegar
60g	80g	Salad Leaves <i>rinse</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
90g	120g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Milk (optional)

Paper Towel

Butter

1. BUTTERNUT MASH Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway). Place the roasted butternut in a bowl with a knob of butter and a splash of water or milk. Mash with a fork and cover.

2. SUNNY SEEDS 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.

3. NOMU-SPICED PORK 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 the kassler from buckling during frying. Place a pan over medium-high heat. When hot, sear the kassler, fat-side down, until crispy, 3-5 minutes. Flip the kassler and sear until browned, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and rest on paper towel before slicing.

4. REFRESHING FRESH SALAD In a salad bowl, combine ½ the mustard with the vinegar and seasoning. Add the salad leaves and toss together with the cucumber and seeds.

5. DELICIOUS & NUTRICIOUS Plate up the pork and dollop with the remaining mustard. Side with the butternut mash and dressed salad. Crumble over the feta. Well done, Chef!