



UCCOOK

Pork Kassler & Cinnamon Apple Sauce

with baby potatoes & a balsamic bocconcini salad

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Ethan Shahim

Wine Pairing: Creation Wines | Creation Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	484kJ	3166kJ
Energy	116kcal	757kcal
Protein	6.2g	40.7g
Carbs	12g	80g
of which sugars	5.4g	35g
Fibre	1.4g	9.4g
Fat	4.3g	28.4g
of which saturated	2.1g	13.7g
Sodium	570mg	3730mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potatoes <i>rinse & cut in half</i>
5ml	10ml	Greek Seasoning
1	2	Apple/s <i>rinse, peel & cut into bite-sized pieces</i>
1	1	Cinnamon Stick
10ml	20ml	Maple-flavoured Syrup
180g	360g	Pork Kassler Steak
15ml	30ml	Balsamic Vinegar
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
2	4	Bocconcini Balls <i>drain & cut into quarters</i>
10g	20g	Croutons

From Your Kitchen

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

- 1. BABY POTATOES** Preheat the oven to 200°C. Spread the baby potatoes on a roasting tray. Coat in oil and the Greek salt. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).
- 2. APPLE SAUCE** Place a pot over medium heat, add in the chopped apple, cinnamon stick, and 75ml [150ml] of water. Simmer until the apples soften, 10-12 minutes. In the final 1-2 minutes, mix in the maple syrup. Remove from the heat, cover, and allow to steam. Before serving, remove the cinnamon stick and mash the apples with a fork.
- 3. KASSLER STEAK** 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, 2-3 minutes per side.
- 4. SPECIAL SALAD** In a bowl, combine the balsamic vinegar, a drizzle of olive oil, and seasoning, and mix until emulsified. Add the salad leaves, bocconcini balls, and croutons.
- 5. IT ALL COMES TOGETHER** Plate up your steak, cover it with apple sauce, and serve with the roast potatoes and salad. Enjoy, Chef.