



UCOOK

Apricot & Mustard Kassler

with butternut mash, sautéed cabbage & fresh parsley

A serving of smooth butternut mash, sided with zesty, garlicky pan-fried cabbage. The main feature of delicious pork kassler steak is drizzled with a caramelised onion, mustard & apricot jam sauce.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 No paired wines

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Ingredients & Prep

250g	Butternut Chunks <i>cut into bite-sized pieces</i>
10g	Pumpkin Seeds
1	Onion <i>½ peeled & finely sliced</i>
10ml	Dijon Mustard
30ml	Apricot Jam
100g	Cabbage <i>finely sliced</i>
1	Garlic Clove <i>peeled & grated</i>
10ml	Lemon Juice
180g	Pork Kassler Loin Steak
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. BUTTERNUT MASH Place the butternut pieces in a pot of salted water over medium-high heat. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.

2. PUMPKIN SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. MUSTARD JAM Return the pan to medium heat with a drizzle of oil or a knob of butter. When hot, fry the sliced onion until soft and caramelised, 7-9 minutes (shifting occasionally). In the final 4-5 minutes, add the mustard, the jam, and a splash of water.

4. CRACK ON WITH THE CABBAGE While the onion is caramelising, place a pan over medium-high heat with a drizzle of oil. When hot, add the sliced cabbage and fry until slightly softened, 3-4 minutes (shifting occasionally). In the final 2-3 minutes, add the grated garlic and the lemon juice. Add a sweetener (optional), and season. Remove from the pan and cover.

5. CRISPY KASSLER 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. Return the pan to 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. Return the caramelised onion sauce to a low heat and add a splash of water to reheat, if necessary.

6. THE PERFECT PLATE Plate up the butternut mash. Side with the sautéed cabbage and the kassler smothered in the caramelised onion sauce. Sprinkle over the chopped parsley and the toasted seeds. Go ahead, Chef!

Nutritional Information

Per 100g

Energy	413kJ
Energy	99kcal
Protein	5.6g
Carbs	10g
of which sugars	4.5g
Fibre	1.5g
Fat	3.6g
of which saturated	1.4g
Sodium	284mg

Allergens

Allium, Sulphites

Cook
within 3
Days