



# UCOOK

## Dijon Apple Sauce & Pork

with sage sweet potato

A classic flavour pairing: pork kassler and apple! Served with buttery sweet potato, fragrant sage, and a crunchy walnut salad. The classics are classics for a reason!

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Kate Gomba

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 Quick & Easy

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 Simonsig | Die Kluisenaar White Blend

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## Ingredients & Prep

250g	Sweet Potato Chunks <i>rinsed &amp; cut into bite-sized pieces</i>
3g	Fresh Sage <i>rinsed, picked &amp; dried</i>
5ml	Chicken Stock
10ml	Dijon Mustard
1	Apple
10g	Walnuts <i>roughly chopped</i>
180g	Pork Kassler Loin Steak
1	Onion <i>peeled &amp; cut into wedges</i>
20g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
10ml	Red Wine Vinegar

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter (optional)

**1. SAGE & SWEET POTATO** Place the sweet potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add ½ the rinsed sage, a knob of butter (optional) or a drizzle of oil, and seasoning. Toss until the sweet potato pieces are fully coated. Cover.

**2. LET'S PREP** Boil the kettle. While the sweet potatoes are cooking, place the stock in a small bowl. Add the Dijon mustard and 100ml of boiling water. Mix until fully combined. Rinse and slice ½ the apple into wedges, setting aside the remaining half for another meal.

**3. TOAST** Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. KASSLER & SAUCE** 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. Add the apple & onion wedges. Fry until the apple has softened, 3-4 minutes (shifting frequently). Add the remaining sage and the mustard stock mix. Leave to simmer until the liquid has reduced and slightly thickened, 2-4 minutes. Season.

**5. CRUNCHY SALAD** In a bowl, combine the rinsed salad leaves, the toasted nuts, the red wine vinegar (to taste), a drizzle of olive oil, and seasoning.

**6. KLASSIC KASSLER** Plate up the kassler. Top with the apple & mustard sauce. Serve with the sage sweet potato and the walnut salad. Wow, Chef!



## Chef's Tip

To prevent the sliced apple from browning, place in a bowl of water with a squeeze of lemon juice.

## Nutritional Information

Per 100g

Energy	418kj
Energy	100kcal
Protein	5.2g
Carbs	10g
of which sugars	4.8g
Fibre	1.7g
Fat	4.2g
of which saturated	1.4g
Sodium	358mg

## Allergens

Allium, Sulphites, Tree Nuts

Cook  
within 2  
Days