



UCOOK

Summer Corn & Kassler Caesar Slaw

with croutons & Italian-style hard cheese

Don't you just love a crispy, crunchy, summery salad, Chef? Pops of lightly charred corn, crispy cubes of salty pork kassler, crunchy greens, & golden croutons are coated in a creamy caesar dressing. Garnish with cheese & coriander, and you've got yourself a meal that rates high on the ASMR scale.

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Samantha du Toit

Quick & Easy

Waterford Estate | Waterford MCC

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Ingredients & Prep

| | |
|-------|--|
| 120g | Corn |
| 540g | Pork Kassler Chunks |
| 300g | Cabbage <i>rinse & thinly slice</i> |
| 60g | Green Leaves <i>rinse & roughly shred</i> |
| 240ml | Creamy Caesar Dressing |
| 90g | Croutons |
| 60g | Italian-style Hard Cheese <i>roughly chop</i> |
| 8g | Fresh Coriander <i>rinse & pick</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. CHARRED CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

2. PERFECT PORK 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.

3. SLAY THE SLAW In a bowl, toss together the sliced cabbage, the shredded green leaves, the charred corn, the creamy caesar dressing and season.

4. WHAT A DELIGHT Top the caesar slaw with the kassler chunks and the croutons. Scatter over the chopped cheese and garnish with the picked coriander.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 666kj |
| Energy | 159kcal |
| Protein | 9.5g |
| Carbs | 9g |
| of which sugars | 1.4g |
| Fibre | 1.3g |
| Fat | 9.3g |
| of which saturated | 3.1g |
| Sodium | 548.2mg |

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Fish, Cow's Milk

Eat
Within
3 Days