



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: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Samantha du Toit

Quick & Easy

Waterford Estate | Waterford MCC

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Ingredients & Prep

40g	Corn
180g	Pork Kassler Chunks
100g	Cabbage <i>rinse & thinly slice</i>
20g	Green Leaves <i>rinse & roughly shred</i>
80ml	Creamy Caesar Dressing
30g	Croutons
20g	Italian-style Hard Cheese <i>roughly chop</i>
3g	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, 3-4 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