



# UCOOK

## One-Pan Smothered Kassler Steak

with a dried cranberry & cabbage salad

Cabbage, cranberries, pork - an age-old love triangle. In a savoury sauce made from onions, garlic, green beans & borlotti beans, lies a perfectly tender and golden pan fried pork kassler steak. Sided with a tangy red cabbage & dried cranberry salad. Simply gorgeous.

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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:** Isabella Melck

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 Quick & Easy

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 Vergelegen | Premium Chardonnay

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## Ingredients & Prep

7,5ml	Stock & Herb Mix (5ml Chicken Stock & 2,5ml NOMU Provençal Rub)
1	Onion
1	Garlic Clove
60g	Borlotti Beans
80g	Green Beans
100g	Cabbage
10g	Dried Cranberries
4g	Fresh Parsley
180g	Pork Kassler Loin Steak
10ml	Cornflour
40ml	Low Fat Fresh Milk
10ml	White Wine Vinegar

## From Your Kitchen

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

**1. PREP STEP** Boil the kettle. Dilute the stock & herb mix with 150ml of boiling water. Peel and finely slice ½ the onion. Peel and grate the garlic clove. Drain and rinse the borlotti beans. Rinse, trim and halve the green beans. Finely shred the cabbage. Rinse, pick and chop the parsley. Roughly chop the cranberries. Set all aside.

**2. GOLDEN 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. 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 but not fully cooked, 2-3 minutes per side. Remove and rest for 1-2 minutes.

**3. START THE SAUCE** Return the pan to medium heat with a drizzle of oil, if necessary. When hot, sauté the sliced onion until soft, 4-5 minutes (shifting occasionally). Add the grated garlic and sauté until fragrant, 30-60 seconds (shifting constantly). Stir through the cornflour and fry for 30-60 seconds, (shifting constantly). Gradually mix in the diluted stock mix and milk (stirring continuously to prevent lumps). Bring to a simmer and cook until thickened, 6-8 minutes (stirring occasionally).

**4. CABBAGE & CRANBERRY SALAD** In a salad bowl, toss together the shredded cabbage, the chopped cranberries, ½ the chopped parsley, the vinegar, a drizzle of olive oil and seasoning. Set aside.

**5. BEAN DUO & STEAK** When the sauce has thickened, add in the halved green beans and simmer until al dente, 3-4 minutes. In the final 1-2 minutes, stir through the rinsed borlotti beans and the cooked kassler steak until heated through. Add a splash of milk or water to the sauce if it is too thick. Season and remove the pan from the heat.

**6. YOU KNOW WHAT TIME IT IS!** Serve up the kassler steak and generously smother in the creamy pan sauce. Pile the sweet cabbage salad on the side. Garnish it all with the remaining parsley. Tuck in, Chef!

## Nutritional Information

Per 100g

Energy	417kJ
Energy	100kcal
Protein	6.6g
Carbs	8g
of which sugars	2.7g
Fibre	2.1g
Fat	4g
of which saturated	1.7g
Sodium	411.9mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within  
4 Days