



# UCCOOK

## Pork Kassler Mac & Cheese

with spring onion & sunflower seeds

It's smoky. It's cheesy (the good kind). And contains crispy bites of tasty kassler pork. Sprinkled with toasted sunflower seeds & spring onion to cut through all the yummy richness. What more can you ask of a mac and cheese dish? Except for an extra helping...

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**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People

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**Chef:** Rhea Hsu

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 Fan Faves

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 Creation Wines | Creation Chardonnay 2022

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## Ingredients & Prep

375ml	Low Fat Fresh Milk
300g	Macaroni
170ml	Fresh Cream
170g	Grated White Cheddar Cheese
30g	Sunflower Seeds
540g	Pork Kassler Loin Steak
15ml	NOMU Provençal Rub
60g	Sweet Piquanté Peppers <i>drained &amp; roughly chopped</i>
2	Spring Onions <i>finely sliced</i>

## From Your Kitchen

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

**1. MAKE SOME MAC** Place a pot over a medium heat. Add the milk, 600ml of water, the macaroni and a small pinch of salt. Bring up to a simmer and cook for 10-15 minutes, stirring occasionally. When the pasta is al dente, mix through the cream, grated cheese, and seasoning.

**2. FOR A TOASTY TASTE** Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool.

**3. CRISPY KASSLER** Pat the pork kassler dry with some paper towel and cut it into small chunks. Return the pan to a high heat with a drizzle of oil. Add the kassler chunks and fry for 6-7 minutes until crispy, shifting occasionally. Fry in batches if necessary. Add the rub when there is 1 minute remaining.

**4. ALMOST DONE** When the mac & cheese is done, add the crispy pork kassler and the chopped peppers, and mix to combine.

**5. SMOKY, CHEESY DELICIOUSNESS** Plate up a generous helping of the smoky kassler mac & cheese. Sprinkle over the toasted sunflower seeds and sliced spring onion. Simple yet stunning, Chef!

## Nutritional Information

Per 100g

Energy	950kj
Energy	227kcal
Protein	11.5g
Carbs	16g
of which sugars	3.1g
Fibre	0.9g
Fat	13.1g
of which saturated	6.7g
Sodium	392mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 3  
Days