



# UCCOOK

## Gochujang-glazed Pork Kassler

**with a sweet potato, pickled onion & coriander salad**

Wake your palate up with the spicy, savoury & sweet layers of gochujang, a popular Korean fermented condiment. By tossing it with ginger, garlic & sesame oil, this mouthwatering marinade will completely transform the pork kassler steak. Dish up with a salad of oven-roasted sweet potato, onion, coriander & a kick of chilli flakes.

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**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People


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**Chef:** Samantha du Toit

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Adventurous Foodie

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 Stettyn Wines | Stettyn Family Range Cabernet Sauvignon 2021

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## Ingredients & Prep

1kg	Sweet Potato <i>rinse &amp; cut into bite-sized pieces</i>
40g	Fresh Ginger <i>peel &amp; grate</i>
2	Garlic Cloves <i>peel &amp; grate</i>
60ml	Sesame Oil
60ml	Gochujang
720g	Pork Kassler Loin Steak
2	Lemons <i>rinse &amp; cut into wedges</i>
1	Onion <i>peel &amp; finely slice</i>
20g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>
20ml	Dried Chilli Flakes

## From Your Kitchen

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

**1. SWEET POTATOES** Preheat the oven to 200°C. Spread the sweet potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

**2. MAKE THE MARINADE** In a large bowl, combine the grated ginger, the grated garlic, the sesame oil, and the gochujang (to taste). Pat the kassler steak 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. Toss the kassler through the sesame marinade and set aside.

**3. SALAD BALLAD** In a separate bowl, combine the juice from 4 lemon wedges, a drizzle of olive oil, the sliced onion (to taste),  $\frac{3}{4}$  of the chopped coriander (to taste), the chilli flakes (to taste), and seasoning. Just before serving, toss through the roasted sweet potato pieces.

**4. CRISPY KASSLER** Place a pan over medium-high heat. When hot, sear the kassler (reserving any marinade left behind), fat-side down, until crispy, 3-5 minutes. Flip the kassler and sear until browned, 3-4 minutes per side. After flipping, pour over the reserved marinade and simmer for the remaining cooking time.

**5. AND THE RESULT...** Plate up the sweet potato salad alongside the sticky glazed kassler, drizzled with any remaining pan juices. Garnish with the remaining chopped coriander.



## Chef's Tip

Air fryer method: Coat the sweet potato pieces in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	447kJ
Energy	107kcal
Protein	5g
Carbs	10g
of which sugars	3.9g
Fibre	1.6g
Fat	5g
of which saturated	1.5g
Sodium	272mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Sugar Alcohol (Xylitol), Soy

Eat  
Within  
4 Days