



# UCOOK

## Hawaiian-style Pork & Pineapple Skewers

with a mustard dressing

Pork kassler pieces & pineapple chunks are threaded onto a skewer and fried until crispy & charred, before being basted with sweetened apple juice. Sided with oven-roasted carrot wedges, and served with a mustard & pineapple salad. Sounds kebab-solutely amazing!

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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:** Jason Johnson

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 Quick & Easy

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 Waterford Estate | Waterford Pecan Stream  
Sauvignon Blanc

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## Ingredients & Prep

240g	Carrot <i>rinsed, trimmed, peeled (optional) &amp; cut into wedges</i>
100g	Fresh Pineapple Fingers
15ml	Wholegrain Mustard
15ml	Apple Juice
20g	Green Leaves <i>rinsed</i>
50g	Cucumber <i>rinsed &amp; cut into half-moons</i>
180g	Pork Kassler Loin Steak <i>rinsed</i>
3	Wooden Skewers

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. ROAST WEDGES** Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. PREP & SALAD** Roughly chop ¼ of the pineapple. In a small bowl, combine the mustard, ½ the apple juice, 15ml of olive oil, and a splash of water. In a salad bowl, toss together the rinsed green leaves, the cucumber half-moons, the chopped pineapple, and ½ the mustard dressing. Set aside. In a small bowl, combine the remaining apple juice, 10ml of sweetener, and a splash of water. Set aside.

**3. FRY THE SKEWERS** Pat the pork kassler dry with paper towel. Cut the pork kassler and the remaining pineapple into chunks (big enough for the skewers). Discard any excess fat from the pork kassler. Carefully thread the pineapple & pork kassler cubes onto each skewer. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the skewers until crispy and charred, 6-8 minutes (shifting as they colour). In the final 1-2 minutes, baste with sweetened apple juice. Remove from the pan and set aside.

**4. SWEET, CHEF!** Plate up the pork & pineapple skewers. Side with the carrot wedges and the dressed salad. Drizzle the remaining mustard dressing over the skewers.

## Chef's Tip

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

## Nutritional Information

Per 100g

Energy	362kj
Energy	92kcal
Protein	5.6g
Carbs	8g
of which sugars	4.9g
Fibre	1.8g
Fat	4g
of which saturated	1.6g
Sodium	310mg

## Allergens

Sulphites

Cook  
within 3  
Days