



UCOOK

Honeyed Kassler & Baked Potato

with crème fraîche & a crunchy apple salad

This flavourful cut of pork is an exquisite choice to be rubbed with smoked paprika and glazed in a honey-mustard basting. The sweet-salty perfection sails alongside a buttery jacket potato laden with luscious crème fraîche, and a zippy crunch of apple salad. Oh my!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett

Fan Faves

Waterford Estate | Waterford Chardonnay

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Ingredients & Prep

200g	Potato <i>rinse</i>
10g	Sunflower Seeds
50ml	Crème Fraîche
1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
180g	Pork Kassler Loin Steak
2.5ml	Smoked Paprika
15ml	Honey-mustard Dressing <i>(10ml Honey & 5ml Dijon Mustard)</i>
20ml	White Wine Vinegar
1	Apple <i>rinse</i>
20g	Green Leaves <i>rinse & roughly shred</i>
50g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Tinfoil
Butter

1. DREAMY SPUD! Preheat the oven to 220°C. Line a baking tray with tinfoil and lightly grease. Cut the rinsed potato in half lengthways and place on the tray – don't remove the skin! Coat in oil, season, and turn cut-side down. Bake in the oven until the flesh is soft and the skin is crispy, 30-35 minutes.

2. TOAST & INFUSE Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. Place the crème fraîche in a bowl, mix through ½ the spring onion greens, and seasoning.

3. STICKY, SMOKY KASSLER When the potato has 10 minutes remaining, return the pan to medium-high heat. Lightly coat the pork in oil, pepper, and the smoked paprika. When the pan is hot, cook the pork fat-side down until the fat is rendered and golden, 3-5 minutes. Then, fry the flesh for about 1 minute per side. Add ½ of the honey-mustard dressing, the spring onion whites, and the vinegar, and fry until cooked through and sticky, 1-2 minutes per side. Remove from the pan and allow to rest, 3-5 minutes.

4. ASSEMBLE Slice a quarter of the rinsed apple into thin wedges, place in a bowl and set aside the remaining apple for another meal. Toss through the shredded green leaves, the cucumber half-moons, and the remaining honey-mustard dressing, and set aside.

5. JACKET POTATOES Once the potato is cooked, carefully spoon the flesh into a bowl without breaking the skin and fluff with a fork. Mix in a small knob of butter and seasoning, and return to the skins. Pop the filled potato back in the hot oven before serving.

6. DISH IT UP Plate up the buttery baked potato, top with a big dollop of tangy crème fraîche, and side with the glazed pork kassler. Sprinkle the toasted seeds over the apple salad and serve on the side. Garnish with the remaining spring onion greens. Guten Appetit!

Chef's Tip

Air fryer method: Coat the potato in oil and season. Air fry at 200°C until crispy, 35-40 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	500kj
Energy	119kcal
Protein	5.5g
Carbs	11g
of which sugars	4.7g
Fibre	1.8g
Fat	6g
of which saturated	2.8g
Sodium	241mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
4 Days