



UCOOK

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.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

Adventurous Foodie

 Stettyn Wines | Stettyn Family Range Cabernet Sauvignon 2021

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Ingredients & Prep

250g	Sweet Potato <i>rinse & cut into bite-sized pieces</i>
10g	Fresh Ginger <i>peel & grate</i>
1	Garlic Clove <i>peel & grate</i>
15ml	Sesame Oil
15ml	Gochujang
180g	Pork Kassler Loin Steak
1	Lemon <i>rinse & cut ½ into wedges</i>
1	Onion <i>peel & finely slice ¼</i>
5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
5ml	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, 30-35 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 1 lemon wedge, a drizzle of olive oil, the sliced onion (to taste), ¾ 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