



UCOOK

Dijon Apple Sauce & Pork Kassler

with salad leaves & sweet potato

A classic flavour pairing, pork and apple, but with a mustard kick! Served with buttery soft sweet potato and fragrant sage, and a crunchy walnut salad, the classics are clearly the classics for a reason!

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Aisling Kenny

 Quick & Easy

 Boschendal | 1685 Chardonnay

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into bite-sized chunks</i>
4g	Fresh Sage <i>rinsed, picked & dried</i>
5ml	Chicken Stock
10ml	Dijon Mustard
1	Apple
180g	Pork Kassler Loin Steak
1	Red Onion <i>½ peeled & cut into wedges</i>
20g	Salad Leaves <i>rinsed</i>
10g	Walnuts
10ml	Red Wine Vinegar

From Your Kitchen

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

1. SAGE & SWEET POTATO Boil the kettle. Place the sweet potato chunks in a pot of salted water over a high heat. Pop on the lid and bring to the boil. Allow to simmer for 15-20 minutes until cooked through and soft. Remove from the heat on completion, drain, and return to the pot. Add a knob of butter or a drizzle of oil, ½ the rinsed sage, and seasoning. Toss until the potato chunks are fully coated in the butter or oil. Cover to keep warm.

2. LET'S PREP While the potatoes are cooking, place the stock in a bowl. Add the Dijon mustard and 100ml of boiling water. Mix until fully combined. Rinse and slice ½ the apple into wedges, setting aside the remaining half for another meal.

3. KASSLER & SAUCE Pat the pork kassler dry with some paper towel. Coat in oil and season. Using a pair of kitchen scissors or a knife, make a few shallow incisions along the fat to prevent the meat from buckling during frying. Place a non-stick pan over a high heat. When hot, sear the kassler fat-side down for 2-3 minutes until the fat becomes rendered and crispy. Then, fry for 1-2 minutes per side until browned. On completion, add the apple and onion wedges to the pan with the kassler. Fry for a further 3-4 minutes until the apple has softened, shifting frequently. Add the remaining sage and the mustard stock mix. Leave to simmer for 2-4 minutes until the liquid has reduced and slightly thickened. Season to taste.

4. CRUNCHY SALAD In a bowl, combine the rinsed salad leaves, the walnuts, the red wine vinegar (to taste), a drizzle of oil, and seasoning.

5. KLASSIC KASSLER Plate up the kassler. Top with the apple & mustard sauce. Serve with the sage sweet potato and the walnut salad. Wow, Chef!



Chef's Tip

To stop the sliced apple from browning, place it in a bowl of water with a squeeze of lemon juice.

Nutritional Information

Per 100g

Energy	431kJ
Energy	103Kcal
Protein	5.5g
Carbs	10g
of which sugars	4.4g
Fibre	1.8g
Fat	4.4g
of which saturated	1.5g
Sodium	381.7mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within
4 Days