



# UCCOOK

## Kassler Chop & Sweet Potato Rosti

with avo & toasted almonds

**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Creation Wines | Creation Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	596kJ	5056kJ
Energy	143kcal	1209kcal
Protein	5.3g	45g
Carbs	11g	90g
of which sugars	2.8g	23.4g
Fibre	3.2g	27.1g
Fat	8.9g	75.3g
of which saturated	2.8g	23.4g
Sodium	280mg	2377mg

**Allergens:** Cow's Milk, Gluten, Allium, Wheat, Sulphites, Tree Nuts

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
30g	40g	Almonds
150ml	200ml	Creamy Mustard <i>(120ml [160ml] Crème Fraîche &amp; 30ml [40ml] Wholegrain Mustard)</i>
300g	400g	Leeks <i>trim at the base</i>
750g	1kg	Sweet Potato <i>rinse</i>
75ml	10ml	Rub & Flour <i>(45ml [60ml] Cake Flour &amp; 30ml [40ml] NOMU Italian Rub)</i>
2	2	Spring Onions <i>rinse, trim &amp; finely slice</i>
540g	720g	Pork Kassler Steak
30g	40g	Green Leaves <i>rinse</i>
2	2	Avocados <i>cut in half &amp; roughly dice 1½ [2]</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel  
Butter

**1. TOAST & PREP** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Loosen the creamy mustard with water in 5ml increments until drizzling consistency.

**2. VEGGIES** Cut the leeks in half lengthways, rinse thoroughly, and cut into thin rounds. Return the pan to medium-high heat with a drizzle of oil and a knob of butter. Sauté the leeks until lightly golden and soft, 6-8 minutes (shifting occasionally). Remove from the pan, season, and cover to keep warm.

**3. ROSTI** Grate the sweet potatoes on the large holes of a grater. Squeeze out as much liquid as possible using a clean tea towel or paper towel. In a bowl, combine the potato with rub & flour, the spring onion (to taste), and seasoning. Return the pan to medium heat with a drizzle of oil. Add ⅓ [¼] of the potato mix to the pan and flatten it evenly with a spatula/spoon. Press down firmly so it starts forming a crust. Fry until golden and crispy, 4-5 minutes. Carefully slide onto a plate, then flip back into the pan (uncooked side down) and fry until golden and cooked through, 4-5 minutes. Remove from the pan and cover to keep warm. Repeat with the remaining mixture.

**4. KASSLER** Pat the kassler 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. Place a pan over medium-high heat. When hot, sear the kassler, fat-side down, until crispy, 3-5 minutes. Flip the kassler and sear until browned, 3-4 minutes per side. Remove from the pan and allow the kassler to rest for 5 minutes before slicing it.

**5. DINNER IS READY** Plate up the crispy rosti. Top it with the leeks, the green leaves and the avo. Drizzle over the creamy mustard dressing and sprinkle over the almonds. Side with the kassler slices, and there you go, Chef!