



UCCOOK

Pork Kassler & Mustard Dressing

with butternut mash & sunflower seeds

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Aisling Kenny

Wine Pairing: Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|-----------|-------------|
| Energy | 493.7kJ | 2850.9kJ |
| Energy | 118.1kcal | 682kcal |
| Protein | 7.6g | 43.8g |
| Carbs | 6.3g | 36.4g |
| of which sugars | 1.6g | 9g |
| Fibre | 1.4g | 8g |
| Fat | 6.6g | 38.3g |
| of which saturated | 2.6g | 15.2g |
| Sodium | 416.1mg | 2402.4mg |

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 250g | 500g | Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i> |
| 10g | 20g | Sunflower Seeds |
| 180g | 360g | Pork Kassler Steak |
| 7.5ml | 15ml | NOMU One For All Rub |
| 15ml | 30ml | Dijon Mustard |
| 15ml | 30ml | White Wine Vinegar |
| 20g | 40g | Salad Leaves <i>rinse</i> |
| 50g | 100g | Cucumber <i>rinse & cut into half-moons</i> |
| 30g | 60g | Danish-style Feta <i>drain</i> |

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Milk (optional)
Paper Towel
Butter

1. BUTTERNUT MASH Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Place the roasted butternut in a bowl with a knob of butter and a splash of water or milk. Mash with a fork and cover.

2. SUNNY SEEDS 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.

3. NOMU-SPICED PORK 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. In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and rest on paper towel before slicing.

4. REFRESHING FRESH SALAD In a salad bowl, combine ½ the mustard with the vinegar and seasoning. Add the salad leaves and toss together with the cucumber and seeds.

5. DELICIOUS & NUTRICIOUS Plate up the pork and dollop with the remaining mustard. Side with the butternut mash and dressed salad. Crumble over the feta. Well done, Chef!