



UCOOK

Pork Kassler & Mushroom Sauce

with fluffy basmati rice, plump peas & crème fraîche

Smoky seared pork kassler steaks doused in a creamy mushroom, white wine, and cheese sauce, on a bed of fluffy white rice and sprinkled with fresh thyme. Yummy!

Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett

 Easy Peasy

 Warwick Wine Estate | First Lady Chardonnay

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Ingredients & Prep

75ml	White Basmati Rice
65g	Button Mushrooms <i>wiped clean & quartered</i>
5ml	Vegetable Stock
1	Onion <i>½ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
2g	Fresh Thyme <i>rinsed & picked</i>
50ml	White Wine
40ml	Crème Fraîche
10g	Italian-style Hard Cheese <i>grated</i>
50g	Peas
180g	Pork Kassler Loin Steak

From Your Kitchen

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

1. FLUFF IT UP Rinse the rice and place in a pot over a medium-high heat. Submerge in 150ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. MAJESTIC MUSHROOMS Place a nonstick pan over a medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the mushrooms for 3-5 minutes until soft and golden, shifting as they colour. Remove from the pan on completion and season to taste.

3. CREAMY SAUCE Boil a kettle. Dilute the stock with 75ml of boiling water. Wipe down the pan, if necessary, and return to a medium heat with a drizzle of oil or a knob of butter. When hot, fry the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. Add the grated garlic and ¾ of the picked thyme, and fry for 1-2 minutes until fragrant, shifting constantly. Add the white wine and simmer for 1-2 minutes until almost all evaporated. Stir in the diluted stock, the crème fraîche and ½ the grated hard cheese. Reduce the heat and simmer for 2-3 minutes, stirring occasionally, until slightly reduced. Add the cooked mushrooms and the peas to the pan and stir until fully combined. Season to taste.

4. SEAR THE KASSLERS Pat the pork kasslers dry with some paper towel. 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 pan over a medium-high heat with a drizzle of oil. When hot, sear the kasslers fat-side down for 3-5 minutes until the fat becomes rendered and crispy. Then, fry for 2-3 minutes per side until cooked through.

5. GRAB YOUR KNIFE & PORK Dish up the rice and top with the seared kassler. Pour over the creamy mushroom sauce and garnish with the remaining fresh thyme. Dive in, Chef!



Chef's Tip

Avoid overcrowding the pan when frying the mushrooms and cook them in batches if necessary. Mushrooms release water, so if there are too many in the pan, they could end up boiled!

Nutritional Information

Per 100g

Energy	675kj
Energy	161Kcal
Protein	8.3g
Carbs	13g
of which sugars	1.7g
Fibre	1.4g
Fat	7.4g
of which saturated	3.8g
Sodium	391mg

Allergens

Egg, Dairy, Allium, Sulphites, Alcohol

Cook
within 3
Days