



# UCCOOK

## Pork & Classic Blue Cheese Sauce

with boiled baby potatoes

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Groote Post Winery | Groote Post Seasalter Sauvignon Blanc

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 683kJ    | 3313kJ      |
| Energy             | 163kcal  | 792kcal     |
| Protein            | 8.7g     | 42g         |
| Carbs              | 8g       | 40g         |
| of which sugars    | 1.2g     | 5.9g        |
| Fibre              | 1g       | 4.8g        |
| Fat                | 10.3g    | 50g         |
| of which saturated | 5g       | 24.1g       |
| Sodium             | 517mg    | 2508mg      |

**Allergens:** Cow's Milk, Allium, Tree Nuts

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                           |
|----------|------------|-------------------------------------------|
| 200g     | 400g       | Baby Potatoes<br><i>rinse &amp; halve</i> |
| 20g      | 40g        | Spinach<br><i>rinse</i>                   |
| 180g     | 360g       | Pork Kassler Steak                        |
| 10ml     | 20ml       | NOMU Roast Rub                            |
| 50ml     | 100ml      | Fresh Cream                               |
| 20g      | 40g        | Blue Cheese                               |
| 3g       | 5g         | Fresh Parsley<br><i>rinse &amp; pick</i>  |
| 10g      | 20g        | Walnuts                                   |

## From Your Kitchen

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

- 1. BUTTERY BABY POTATOES** Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot with a knob of butter and the spinach. Replace the lid and shake the pot until the butter is melted and the leaves are wilted. Season and set aside.
- 2. 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 (optional) and the NOMU rub.
- 3. BLUE CHEESE SAUCE** Return the pan to a medium-low heat. Add the cream and simmer until slightly reduced, 2-3 minutes (stirring occasionally). Add the blue cheese and stir until the cheese has melted, 1-3 minutes. Season and cover.
- 4. BEAUTIFUL COOKING** Plate up the baby potatoes. Side with the pork and pour over the dreamy blue cheese sauce. Sprinkle over the parsley and garnish with the walnuts. Well done, Chef!