



QCOOK

Smoked Kassler & Creamy Veggie Bake

with pickled beets

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Deetlefs Wine Estate | Deetlefs Estate
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	479kj	3613kj
Energy	115kcal	864kcal
Protein	7.1g	53.3g
Carbs	9g	70g
of which sugars	1.9g	14.2g
Fibre	1.1g	8.4g
Fat	5.1g	38.4g
of which saturated	2.5g	19.1g
Sodium	285mg	2147mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Roast Veg Mix
5ml	10ml	Ground Paprika
100g	100g	Beetroot <i>rinse, trim, peel & cut half [all] into half-moons</i>
30ml	60ml	Rice Wine Vinegar
40g	80g	Corn
20ml	40ml	Cake Flour
100ml	200ml	Low Fat UHT Milk
50g	100g	Grated Mozzarella & Cheddar Cheese
180g	360g	Pork Kassler Steak
3g	5g	Fresh Chives <i>rinse & chop finely</i>

From Your Kitchen

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

1. PAPRIKA VEGGIES Preheat the oven to 200°C. Spread the veg mix on a roasting tray. Coat in oil, paprika, and seasoning. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. BEGIN THE BEET Place the beetroot in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, and combine with the vinegar, a sweetener (to taste), and seasoning.

3. SWEET POPS OF CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. MAKE AND ADD THE CREAMINESS Place a pot over medium heat with 10g [20g] of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, season and remove from the heat. Mix the bechamel and corn through the mixed veg. Scatter over the cheese, and return to the oven, until the cheese is golden, 5-6 minutes.

5. PERFECT 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. Return the pan to medium-high heat. When hot, sear the kassler, fat-side down, until crispy, 3-5 minutes. Flip the kassler and sear until browned, 2-3 minutes per side.

6. DELISH DINNER Spoon the creamy bake onto the plate and serve with the seared kassler. Side with the pickled beets and scatter over the chives.