



UCCOOK

Tropical Coconut Kassler

with carrot, pineapple & coconut flakes

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	660kj	4019kj
Energy	158kcal	961kcal
Protein	7.4g	45.2g
Carbs	14g	83g
of which sugars	3.8g	23g
Fibre	1.9g	11.6g
Fat	8.3g	50.8g
of which saturated	5.1g	31.2g
Sodium	318mg	1936mg

Allergens: Gluten, Wheat, Soya, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Red & White Quinoa <i>rinse</i>
540g	720g	Pork Kassler Steak
360g	480g	Carrot <i>rinse, trim, peel & roughly dice</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
3	4	Garlic Cloves <i>peel & grate</i>
2	2	Spring Onions <i>rinse, trim & finely slice</i>
300ml	400ml	Coconut Cream
15ml	20ml	Low Sodium Soy Sauce
15ml	20ml	Dried Chilli Flakes
30ml	40ml	Lime Juice
240g	320g	Pineapple Chunks <i>drain & cut into small pieces</i>
30g	40g	Toasted Coconut Flakes

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

1. QUINOA Place the quinoa in a pot with 675ml [900ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 20-25 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. 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, 2-3 minutes per side. Remove from the pan.

3. TROPICAL SAUCE Return the pan to medium heat with a drizzle of oil if necessary. Fry the carrots until golden, 8-12 minutes (shifting occasionally). Mix in the ginger, garlic, ½ of the spring onion, and pineapple. Fry until fragrant, 4-6 minutes. Mix in the coconut cream, soy sauce, chilli flakes (to taste), lime juice, and the kassler. Simmer until slightly thickened, 4-6 minutes. Remove from the heat, mix in the pineapple, add a sweetener (to taste), and season (to taste).

4. DINNER IS READY Bowl up the quinoa, top with the kassler and all the sauce. Sprinkle over the coconut flakes and garnish with the remaining spring onion. Well done, Chef!