



UCOOK

Smoky Kassler Tagliatelle

with sunflower seeds, peas & a fresh salad

Get the delectably salty bacon flavour you love from these crispy cubes of pork kassler. Tumbled through an elegant sauce of fresh cream, white wine, grated Italian-style hard cheese, & peas. Served with a leafy salad for that pop of freshness.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Alex Levett

 Quick & Easy

 Sijnn Wines | Sijnn White Blend

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Ingredients & Prep

100g	Tagliatelle Pasta
10g	Sunflower Seeds
20g	Salad Leaves
1	Garlic Clove
1	Onion
180g	Pork Kassler Steak Cubes
30ml	White Wine
60ml	Fresh Cream
15ml	Grated Italian-style Hard Cheese
40g	Peas
10ml	Lemon Juice

From Your Kitchen

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

1. PASTA PARTY Bring a pot of salted water to a boil for the pasta. When the water is boiling, cook the pasta until al dente, 10-12 minutes. Drain, reserving a cup of pasta water, and toss through some oil to prevent sticking.

2. TOASTY TIME 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. PREP STEP Rinse the salad leaves. Peel and grate the garlic clove. Peel and roughly dice $\frac{1}{2}$ the onion.

4. CRISPY KASSLER Pat the kassler cubes dry with paper towel. Return the pan to medium heat with a drizzle of oil. When hot, fry the kassler cubes until crispy, 3-4 minutes (shifting as it browns). Remove from the pan and drain on paper towel.

5. SIMMERING AWAY... Return the pan to medium heat with a drizzle of oil or a knob of butter. When hot, fry the diced onion until soft, 3-4 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Add the white wine and simmer until reduced by half, 1-2 minutes. Stir in the cream and $\frac{3}{4}$ of the grated cheese. Reduce the heat and simmer until slightly reduced, 2-3 minutes (stirring occasionally). Add the cooked pasta, the peas, the crispy kassler, and seasoning. Toss until fully combined. If the sauce is too thick, gradually add the reserved pasta water until a silky consistency. Remove from the heat.

6. TOSS TOGETHER In a salad bowl, toss together the rinsed salad leaves, $\frac{3}{4}$ of the toasted sunflower seeds, a drizzle of olive oil and seasoning.

7. CRISPY, CREAMY & CHEESY! Dish up the creamy kassler pasta and sprinkle over the remaining grated cheese and sunflower seeds. Serve with the crunchy green salad on the side and finish with a drizzle of lemon juice. You've earned it, Chef!

Nutritional Information

Per 100g

Energy	833kJ
Energy	199kcal
Protein	9.5g
Carbs	13g
of which sugars	2.3g
Fibre	1.4g
Fat	10g
of which saturated	4.7g
Sodium	331mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Alcohol

Cook
within
4 Days