



UCOOK

Pork Kassler & Mustard Dressing

with butternut mash & a sunflower seed salad

Succulent pork kassler steak is basted in NOMU Provençal rub and served with a tangy Dijon mustard dressing. It is sided by smooth butternut mash and a crunchy sunflower seed salad. Each element is delicious on its own, but phenomenal together!


Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Aisling Kenny

 Fan Faves

 Boschendal | Stellenbosch Cabernet Sauvignon

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

| | |
|------|---|
| 500g | Butternut <i>deseeded, peeled & cut into bite-sized chunks</i> |
| 360g | Pork Kassler Loin Steak |
| 15ml | NOMU Provençal Rub |
| 30ml | Dijon Mustard |
| 20ml | White Wine Vinegar |
| 20ml | Lemon Juice |
| 40g | Green Leaves <i>rinsed</i> |
| 100g | Cucumber <i>cut into half-moons</i> |
| 20g | Sunflower Seeds |

From Your Kitchen

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

1. YOU BUTTERNUT POUT! Place a pot of cold salted water over a high heat. Add the butternut chunks and bring to the boil. Once boiling, reduce the heat and simmer for 20-25 minutes until soft. Drain on completion, and mash with a potato masher or fork until smooth. Then, stir through a splash of milk or water and a knob of butter (optional). Season to taste and cover to keep warm.

2. FRY THE KASSLER Pat the pork kassler dry with some paper towel. Coat in oil and the rub. 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 nonstick pan over a medium-high heat. When hot, sear the kassler fat-side down for 3-5 minutes until the fat becomes rendered and crispy. Then, fry for 3-4 minutes per side until cooked through and crisp.

3. DIJON AND ON AND ON! In a salad bowl, combine a ¼ of the mustard, the white wine vinegar and the lemon juice (both to taste) and some seasoning. Add the rinsed green leaves, the cucumber half-moons, and the sunflower seeds. Toss until fully combined.

4. LET'S EAT! Plate up the pork kassler dolloped with the remaining mustard. Side with the butternut mash and the sunflower seed salad. Well done, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 422kJ |
| Energy | 101Kcal |
| Protein | 7.1g |
| Carbs | 6g |
| of which sugars | 1.5g |
| Fibre | 1.5g |
| Fat | 5.2g |
| of which saturated | 1.9g |
| Sodium | 5mg |

Allergens

Sulphites

Cook
within
4 Days