



# UCCOOK

## Pork Kassler & Tender Baby Potatoes

with parsley, capers & chilli oil

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

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

**Chef:** Jenna Peoples

**Wine Pairing:** Waterford Estate | Waterford Rose-Mary Rosé

### Nutritional Info

	Per 100g	Per Portion
Energy	494kJ	3521kJ
Energy	118kcal	842kcal
Protein	6.3g	45.1g
Carbs	9g	65g
of which sugars	3.1g	22.1g
Fibre	1g	7.3g
Fat	6.3g	44.9g
of which saturated	1.7g	12.5g
Sodium	385mg	2742mg

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

**Spice Level:** MILD

Eat Within 1 Day

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potatoes <i>halve</i>
100g	200g	Baby Marrow Rounds <i>rinse</i>
180g	360g	Pork Kassler Chunks
5ml	10ml	NOMU One For All Rub
20ml	40ml	Mrs Balls Chutney
5g	10g	Fresh Parsley <i>rinse &amp; roughly chop</i>
20g	40g	Capers <i>drain &amp; roughly chop</i>
10ml	20ml	Lemon Juice
110ml	220ml	Mustard Yoghurt <i>(100ml [200ml] Low Fat Plain Yoghurt &amp; 10ml [20ml] Dijon Mustard)</i>
10g	20g	Walnuts <i>roughly chop</i>
15ml	30ml	Banhoek Chilli Oil

## From Your Kitchen

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

**1. SOFT POTATOES** Place the halved baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, season, and cover.

**2. CHUTNEY-COATED PORK** Place a pan over medium heat with a drizzle of oil. When hot, fry the baby marrow rounds until charred, 3-4 minutes. Remove from the pan and season. Return the pan to medium-high heat with a drizzle of oil, if necessary. When hot, fry the kassler cubes until crispy, 5-6 minutes (shifting occasionally). In the final 1-2 minutes, baste the pork with a knob of butter (optional), the NOMU rub and the chutney. Remove the pan from the heat and set aside.

**3. HERBY CAPER DRIZZLE** In a bowl, mix together the parsley, capers, the lemon juice (to taste), 5ml of a sweetener (to taste), some olive oil and seasoning. Set aside.

**4. BRING IT ALL TOGETHER** Smear the mustard yoghurt on the plate. Pile up the baby potato and baby marrow pieces. Top with the herby capers and walnut pieces. Drizzle over the chilli oil (to taste) and top with the kassler pieces, drizzling over any remaining pan juices.