



Crumbed Pork Kassler & Lush Mash

with a honey mustard sauce

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Cathedral Cellar Wines | Cathedral Cellar-Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	678kJ	4109kJ
Energy	162kcal	983kcal
Protein	8.5g	51.6g
Carbs	12.6g	76.5g
of which sugars	3.3g	19.9g
Fibre	1.2g	7.1g
Fat	8.9g	53.8g
of which saturated	4.5g	27.6g
Sodium	384.8mg	2333.6mg

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

Spice Level: None



Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

200g	400g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
40ml	80ml	Grated Italian-style Hard Cheese
180g	360g	Pork Kassler Steak
20ml	40ml	Cake Flour
3g	5g	Fresh Oregano <i>rinse, pick & finely chop</i>
50ml	100ml	Panko Breadcrumbs
50g	100g	Cucumber <i>rinse & roughly dice</i>
20g	40g	Piquanté Peppers <i>drain</i>
30g	60g	Danish-style Feta <i>drain</i>
10ml	20ml	Lemon Juice
50ml	100ml	Fresh Cream
20ml	40ml	Honey Mustard <i>(10ml [20ml] Honey & 10ml [20ml] Wholegrain Mustard)</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Egg/s

Milk (optional)

Paper Towel

Butter (optional)

1. MASH-IVE FLAVOUR! Place the potato in a pot of salted water. Boil until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional), a splash of water or milk (optional), and $\frac{1}{2}$ the cheese. Mash with a fork, season, and cover.

2. CRUMB CRUMB CRUMB! Pat the kassler dry with paper towel. Whisk 1 egg in a shallow dish with 1 tsp of water. In a second shallow dish, add the flour and seasoning. In a third shallow dish, combine $\frac{1}{2}$ the oregano, the remaining cheese, and the breadcrumbs. Coat the kassler in the flour first, then in the egg, and, lastly, in the crumb. When passing through the crumb, press it into the meat so it sticks and coats evenly. Make sure the kassler is fully coated in each mixture before moving on to the next. Dust off any excess in between coatings.

3. CRISP KASSLER Place a pan over medium-low heat with enough oil to cover the base. When hot, fry the kassler until golden and cooked through, 4-5 minutes per side. Keep an eye on the crumb as it can burn easily! Remove from the pan and drain on paper towel.

4. GOTTA KEEP IT FRESH In a salad bowl, combine the cucumber, the piquanté peppers, the feta, a drizzle of olive oil, the lemon juice (to taste), and seasoning. Set aside for serving.

5. GET SAUCY Place a clean pan over medium heat. Add the cream and the honey mustard. Mix until fully combined and season. Bring up to a boil and cook until heated through and slightly reduced, 2-3 minutes. Remove from the heat.

6. CRUMB-BELIEVABLE! Plate up the mashed potato. Top with the crispy kassler and the creamy mustard sauce. Side with the zingy salsa. Garnish with the remaining oregano. Well done, Chef!