

QCOOK

Horseradish Pork Kassler

with sauerkraut & a sun-dried tomato salad

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Fan Faves: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	552kJ	3966kJ
Energy	132kcal	949kcal
Protein	5.7g	41.1g
Carbs	15g	106g
of which sugars	4.7g	34g
Fibre	1.8g	13.2g
Fat	5.7g	41.3g
of which saturated	2.2g	16g
Sodium	336mg	2413mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Jasmine Rice <i>rinse</i>
10g	20g	Almonds <i>roughly chop</i>
180g	360g	Pork Kassler Steak Chunks
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
1	1	Onion <i>peel & roughly slice ½ [1]</i>
1	1	Apple <i>rinse, peel, core & thinly slice ½ [1]</i>
30g	60g	Sauerkraut
50ml	100ml	Creamy Horseradish <i>(20ml [40ml] Creme Fraiche & 30ml [60ml] Horseradish Sauce)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water

- 1. READY THE RICE** Place the rice in a pot with 150ml [300ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.
- 2. FOR SOME CRUNCH** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. CRISPY KASSLER** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the kassler cubes until crispy, 5-6 minutes (shifting occasionally). Remove from the pan (reserving any rendered fat) and set aside.
- 4. TANGY SALAD** In a salad bowl, combine the salad leaves with the toasted nuts, the sun-dried tomato, a drizzle of olive oil, and seasoning. Toss and set aside.
- 5. SECRET SAUERKRAUT METHOD** Return the pan with the fat to medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the apple and fry until softening and golden, 4-5 minutes (shifting occasionally). Add the sauerkraut and cook until warmed through, 2-3 minutes (shifting occasionally). Season and remove from the heat.
- 6. GRAB A FORK & KNIFE** Plate up the steaming rice and top with the onion and apple mixture, then the crispy kassler chunks. Serve the dressed salad alongside and dollop over the creamy sauce.