

UCOOK

Kassler Chop & Mushroom Sauce

with roasted carrot wedges

Get your ingredients, put your Chef's hat on and let's cook some amazing food! Carrot wedges are oven roasted until golden perfection, and plated up with a crispy kassler pork chop, covered in a mouthwatering mushroom & sour cream sauce. Sided with an almond & piquanté peppers salad.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Hellen Mwanza

Fan Faves

Muratie Wine Estate | Muratie Melck's Blended Red

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Ingredients & Prep

240g	Carrot <i>rinse, trim, peel & cut into wedges</i>
10g	Almonds <i>roughly chop</i>
180g	Pork Kassler Loin Steak
65g	Button Mushrooms <i>wipe clean & roughly slice</i>
1	Garlic Clove <i>peel & grate</i>
40ml	Sour Cream
20g	Salad Leaves <i>rinse & shred</i>
20g	Piquanté Peppers <i>drain</i>

From Your Kitchen

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

1. GOLDEN CARROTS Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. A IS FOR ALMONDS Place the chopped 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 Pat the kassler dry with paper towel. Using a pair of kitchen scissors or a knife, make a few shallow incisions along the fat to prevent the kassler from buckling during frying. Return the pan to medium-high heat. When hot, sear the kassler, fat-side down, until crispy, 3-5 minutes. Flip the kassler and sear until browned, 3-4 minutes per side. Remove from the pan and rest for 5 minutes before slicing.

4. MMMUSHROOM SAUCE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mushrooms until golden, 4-5 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 1-2 minutes. Deglaze the pan with 50ml of water and mix in the sour cream. Lightly simmer until thickening, 1-2 minutes. Cover and remove from the heat.

5. NUTTY SALAD When the carrots are done, toss with the shredded leaves, ½ the chopped almonds, and the drained peppers.

6. WELL DONE! Serve the loaded carrot wedges alongside the sliced pork. Top with the mushroom sauce and garnish it all with the remaining nuts.



Chef's Tip

Air fryer method: Coat the carrot wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	435kJ
Energy	104kcal
Protein	6.5g
Carbs	6g
of which sugars	3.2g
Fibre	1.7g
Fat	5.8g
of which saturated	2.4g
Sodium	309mg

Allergens

Cow's Milk, Allium, Sulphites, Tree Nuts

Eat
Within
3 Days