



# U C O O K

— COOKING MADE EASY

## Creamy Smoked Kassler Pasta

**with gluten-free spaghetti, peas & a dressed side salad**

Get the delectably smoky, salty bacon flavour you love from these crispy cubes of pork kassler. Tumbled through an elegant sauce of fresh cream, white wine, hard cheese, and peas; served with a leafy salad for that shot of freshness.

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**Hands-On Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People

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**Chef:** Alex Levett

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 **Easy Peasy**

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## Ingredients & Prep

|       |   |
|-------|---|
| 20g   | Sunflower Seeds                                     |
| 200g  | Gluten-Free Spaghetti                               |
| 360g  | Pre-Cubed Pork Kassler<br>Loin Steak                |
| 1     | Onion<br><i>peeled &amp; diced</i>                  |
| 2     | Garlic Clove<br><i>peeled &amp; grated</i>          |
| 60ml  | White Wine  |
| 200ml | Fresh Cream   |
| 30g   | Whole Italian-Style Hard<br>Cheese<br><i>grated</i> |
| 40g   | Salad Leaves<br><i>rinsed</i>                       |
| 15ml  | Cabernet Sauvignon<br>Vinegar                       |
| 100g  | Peas  |

## From Your Kitchen

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

**1. TOAST THE SEEDS** Boil the kettle for the pasta. Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

**2. I LOVE ME SOME GLUTEN-FREE!** Place a pot over a high heat, fill with boiling water, and add a pinch of salt. Once boiling rapidly, add a drizzle of oil and cook the spaghetti for 13-15 minutes until al dente. Keep stirring for the first 3 minutes to prevent sticking, then stir sporadically for the remaining time. Drain on completion, reserving 1 cup of pasta water for the sauce. Toss through a drizzle of oil to further prevent sticking.

**3. CRISPY KASSLER & CREAMY SAUCE** Rinse the kassler to remove excess salt and pat dry with paper towel. Place a large pan over a medium heat with a drizzle of oil. When hot, fry the kassler for 3-4 minutes until crispy, shifting as it browns. Remove from the pan and drain on paper towel. Return the pan to a medium heat with a knob of butter. When hot, fry the diced onion for 5-7 minutes until soft, shifting occasionally. Stir in the grated garlic and fry for a minute until fragrant. Add the white wine and allow to bubble for 2-3 minutes until reduced by half. Stir through the cream and three-quarters of the grated hard cheese. Reduce to a low heat and simmer for 3-4 minutes, stirring occasionally.

**4. WHILE THE SAUCE IS SIMMERING...** Assemble the salad! Toss the rinsed salad leaves with the toasted sunflower seeds and the cab sauv vinegar to taste.

**5. FINISH IT UP** Once the sauce has reduced, toss through the cooked pasta, the peas, and the crispy kassler until coated. Cook for 2-3 minutes, tossing until heated through. If the sauce is too thick, gradually add the reserved pasta water until a silky consistency. Season to taste and remove from the heat on completion.

**6. THE PASTA DREAMS ARE MADE OF** Dish up the creamy kassler pasta and sprinkle over the remaining grated hard cheese. Serve with the crunchy green salad on the side. You've earned it, Chef!



## Chef's Tip

To cook food 'al dente' means that it should still be firm when bitten. It must be tender, but not soft. This typically refers to pasta, but also applies to other grains, as well as a range of veg. Remember this when you see 'al dente' in other recipes!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 749kJ   |
| Energy             | 179Kcal |
| Protein            | 7.7g    |
| Carbs              | 10g     |
| of which sugars    | 1.9g    |
| Fibre              | 1.1g    |
| Fat                | 11.4g   |
| of which saturated | 5.8g    |
| Sodium             | 305mg   |

## Allergens

Egg, Dairy, Allium, Sulphites, Alcohol

Cook  
within 2  
Days