



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: Strandveld | First Sighting Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	494kJ	3505kJ
Energy	118kcal	838kcal
Protein	6.3g	44.9g
Carbs	9g	64g
of which sugars	3.1g	22g
Fibre	1g	7.1g
Fat	6.3g	44.9g
of which saturated	1.8g	12.5g
Sodium	379mg	2694mg

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

Spice Level: Hot

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potatoes <i>rinse & halve</i>
100g	200g	Baby Marrow Rounds
180g	360g	Pork Kassler Chunks
5ml	10ml	NOMU One For All Rub
20ml	40ml	Mrs Balls Chutney
3g	5g	Fresh Parsley <i>rinse & roughly chop</i>
20g	40g	Capers <i>drain & roughly chop</i>
10ml	20ml	Lemon Juice
110ml	220ml	Mustard Yoghurt <i>(100ml [200ml] Low Fat Plain Yoghurt & 10ml [20ml] Dijon Mustard)</i>
10g	20g	Walnuts <i>roughly chop</i>
15ml	30ml	Banhoeek Chilli Oil

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

Butter (optional)

1. SOFT POTATOES Place the 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 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 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. Reserve pan juices.

3. HERBY CAPER DRIZZLE In a bowl, mix together the parsley, the 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.

Chef's Tip Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.