



UCCOOK

Dijon Apple Sauce & Pork

with sage sweet potato

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Stettyn Wines | Stettyn Family Range Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	405kJ	3333kJ
Energy	97kcal	796kcal
Protein	4.6g	37.7g
Carbs	10g	85g
of which sugars	5.1g	41.7g
Fibre	1.7g	13.6g
Fat	3.7g	30.4g
of which saturated	1.2g	9.9g
Sodium	300mg	2474mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1

[Serves 2]

250g	500g	Sweet Potato Chunks <i>rinse & cut into bite-sized pieces</i>
3g	5g	Fresh Sage <i>rinse, pick & dry</i>
5ml	10ml	Chicken Stock
10ml	20ml	Dijon Mustard
10g	20g	Walnuts <i>roughly chop</i>
180g	360g	Pork Kassler Loin Steak
1	1	Apple <i>rinse, peel, core & cut ½ [1] into wedges</i>
1	1	Onion <i>peel & cut into wedges</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
10ml	20ml	Red Wine Vinegar

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter (optional)

Seasoning (salt & pepper)

1. SAGE & SWEET POTATO Place the sweet potato in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add ½ the sage, a knob of butter (optional) or a drizzle of oil, and seasoning. Toss until the sweet potato pieces are fully coated. Cover.

2. LET'S PREP Boil the kettle. While the sweet potatoes are cooking, place the stock in a small bowl. Add the Dijon mustard and 100ml [200ml] of boiling water. Mix until fully combined.

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

4. KASSLER & SAUCE 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. Add the apple and onion. Fry until the apple has softened, 3-4 minutes (shifting frequently). Add the remaining sage and the mustard stock mix. Simmer until the liquid has reduced and slightly thickened, 2-4 minutes. Season.

5. CRUNCHY SALAD In a bowl, combine the salad leaves, the toasted nuts, the red wine vinegar (to taste), a drizzle of olive oil, and seasoning.

6. KLASSIC KASSLER Plate up the kassler. Top with the apple & mustard sauce. Serve with the sage sweet potato and the walnut salad. Wow, Chef!

Chef's Tip To prevent the apple from browning, place in a bowl of water with a squeeze of lemon juice.