



UCOOK

Pork & Garlic Potatoes

with fresh parsley & chilli green beans


Crispy pork kassler is drizzled with a homemade remoulade loaded with anchovies, capers, mustard, and mayo. Sided with smashed baby potatoes drizzled with roasted garlic oil and sprinkled with Italian-style cheese. Your mouth will be watering!


Hands-on Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Wandile Mabaso

 Adventurous Foodie

 Leopard's Leap | Culinaria Pinot Noir
Chardonnay

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Ingredients & Prep

2	Garlic Cloves
200g	Baby Potatoes
10g	Anchovy Pieces <i>drained & roughly chopped</i>
50ml	That Mayo - Original + Low Fat Plain Yoghurt <i>(25ml That Mayo (Original) & 25ml Low Fat Plain Yoghurt)</i>
10g	Capers <i>drained</i>
25g	Gherkins <i>drained & finely chopped</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
5ml	Mustard Dijon
40ml	Grated Italian Style Hard Cheese
180g	Pork Kassler Loin Steak
80g	Green Beans <i>rinsed & trimmed</i>
2.5ml	Chilli Flakes

From Your Kitchen

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

1. GARLICKY GOODNESS Preheat the oven to 200°C. Place the whole, unpeeled garlic cloves in a small baking dish with a large knob of butter and enough oil to cover the base. Pop in the hot oven and bake for 15-20 minutes or until the garlic is soft. On completion, crush the cloves into the oil.

2. BOILED POTS Place the baby potatoes in a pot of salted water over a high heat and pop on a lid. Once boiling, reduce the heat. Allow to boil for 10-15 minutes until easily pierced with a fork but still firm. Drain on completion.

3. REMMMOULADE In a bowl, combine the chopped anchovies (to taste), the creamy mayo, the drained capers (to taste), the chopped gherkins (to taste), ½ the chopped parsley, and the mustard.

4. CRUSH THE POTS Place the parboiled potatoes on a roasting tray and spread out in a single layer. Using a fork or masher, gently press down on them, splitting the skin, but keeping them in one piece. Spoon over the garlic oil (to taste) and sprinkle over the grated cheese and seasoning. Roast in the hot oven for 15-20 minutes until crispy and golden.

5. CRISPY KASSLER Pat the pork kassler dry with some paper towel and coat in oil. Using a pair of kitchen scissors or a knife, make a few shallow incisions along the fat to prevent the meat from buckling during frying. Place a nonstick pan over a medium-high heat. When hot, sear the kassler fat-side down for 3-5 minutes until the fat becomes rendered and crispy. Then, fry for 3-4 minutes per side until cooked through.

6. BEANS WITH A KICK! Return the pan to a medium-high heat with a splash of water. When starting to bubble, simmer the trimmed green beans for 3-4 minutes until cooked al dente. Toss with a drizzle of any remaining garlic oil, the chilli flakes (to taste), and seasoning.

7. WOWZERS Plate up the crispy kassler drizzled with the creamy remoulade. Side with the garlicky smashed potatoes and the chilli green beans. Sprinkle over the remaining parsley. Dive in, Chef!



Chef's Tip

If you would like less sodium in your meal or find kassler tastes too salty, rinse the kassler with water before frying.

Nutritional Information

Per 100g

Energy	565kj
Energy	135kcal
Protein	8.6g
Carbs	10g
of which sugars	1.5g
Fibre	1.2g
Fat	6.6g
of which saturated	2.7g
Sodium	7mg

Allergens

Egg, Dairy, Allium, Sulphites, Fish

Cook
within
4 Days