



# UCOOK

## Smoky Kassler & Pumpkin Mash

**with NOMU Spanish Rub, a garden salad & honey-mustard dressing**

The naturally smoky and salty flavour of pork kassler is elevated by a smoky blend of herbs and spices to make it the star of this supper show. It's accompanied by sweet, wholesome mash, pumpkin seeds, and elegant leaves of fresh origanum.

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**Hands-On Time:** 40 minutes

**Overall Time:** 45 minutes

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**Serves:** 4 People

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**Chef:** Tami Schrire

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 Easy Peasy

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 Delheim Wines | Sauvignon Blanc

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## Ingredients & Prep

1kg	Pumpkin Chunks <i>cut into bite-sized pieces</i>
140ml	Honey-Mustard Dressing <i>(40ml Honey, 20ml Dijon Mustard &amp; 80ml White Wine Vinegar)</i>
320g	Baby Tomatoes <i>rinsed &amp; halved</i>
40g	Pumpkin Seeds
4	Pork Kassler Steaks
20ml	NOMU Spanish Rub
200g	Peas
120g	Green Leaves <i>rinsed &amp; shredded</i>
200g	Cucumber <i>cut into half-moons</i>
10g	Fresh Origanum <i>rinsed &amp; picked</i>

## From Your Kitchen

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

**1. PUMP UP THE PUMPKIN** Boil the kettle. Place a pot over a medium-high heat with 2cm of boiling water covering the base. Once steaming, place the pumpkin pieces in a colander over the pot and cover with a lid. Allow to steam for 25-30 minutes until cooked through and soft. Alternatively, use a steamer if you have one.

**2. DRESSED TO IMPRESS** In a bowl, combine the honey-mustard dressing with 20ml of olive oil. Toss through the halved baby tomatoes, season to taste, and set aside to marinate.

**3. POP THE SEEDS** Place a large, nonstick pan over a medium heat. When hot, toast the pumpkin seeds for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion and set aside to cool.

**4. CRISPY KASSLER** Pat the pork dry with paper towel. Using a sharp knife, make a few shallow incisions along the fat to prevent the meat from buckling during frying. Return the pan to a medium-high heat. When hot, sear the pork fat-side down for 3-5 minutes until crispy. (It doesn't need oil, it will render its own fat!) Fry for 3-4 minutes per side until cooked through and glossy. During the final minute, baste with a knob of butter and the Spanish Rub to taste. Remove on completion (leaving the meat juices in the pan) and set aside to rest for 5 minutes before serving.

**5. FINAL TOUCHES** When the pumpkin is cooked, drain and return to the pot. Add a knob of butter or coconut oil (optional), and mash with a fork or potato masher until smooth and combined. If too thick, loosen with a splash of milk or water. Replace the lid and set aside to keep warm until serving. Return the pan to the heat and fry the peas for 2-3 minutes until warmed through and coated. On completion, transfer to a large salad bowl. Toss through the rinsed green leaves, cucumber half-moons, baby tomatoes, and honey-mustard dressing to taste.

**6. DIG IN** Plate up the smoky pork kassler and side with hearty helpings of pumpkin mash and garden salad. Garnish with the toasted pumpkin seeds and the origanum leaves. Good work, Chef!

## Nutritional Information

Per 100g

Energy	367kJ
Energy	88Kcal
Protein	5.9g
Carbs	8g
of which sugars	3.7g
Fibre	2.1g
Fat	3.6g
of which saturated	1.4g
Sodium	336mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within 3  
Days