



# UCOOK

## Glazed Kassler & Baked Potato

with crème fraîche, fresh chives & a crunchy apple salad

This cut of pork may be high in fat, but it's even higher in tastiness! With jacket potatoes that have buttery flesh and crispy skins, this hearty meal will go down a treat with the whole family.

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**Hands-On Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Alex Levett

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 **Easy Peasy**

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## Ingredients & Prep

200g	Potato <i>rinsed</i>
10g	Pumpkin & Sunflower Seed Mix
45ml	Crème Fraîche
5g	Fresh Chives <i>rinsed &amp; finely chopped</i>
1	Pork Kassler Loin Steak
2,5ml	Cape Herb & Spice Smoked Paprika
35ml	Honey-Mustard Dressing <i>(10ml Honey, 5ml Dijon Mustard &amp; 20ml White Wine Vinegar)</i>
1	Apple
20g	Butter Lettuce <i>rinsed &amp; gently shredded</i>
50g	Cucumber <i>rinsed &amp; sliced into thin half-moons</i>

## From Your Kitchen

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

**1. A BAKED SPUD IS A DREAMY SPUD!** Preheat the oven to 220°C. Line a baking tray with tinfoil and lightly grease. Cut the rinsed potato in half lengthways and place on the tray – don't remove the skin! Coat in oil, season, and turn cut-side down. Bake in the hot oven for 30-35 minutes until the flesh is soft and the skin is crispy.

**2. TOAST THE SEEDS & INFUSE THE CRÈME** Place a nonstick pan over a medium heat. When hot, toast the seeds for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion and set aside to cool. Place the crème fraîche in a bowl with three-quarters of the chopped chives. Mix well, season, and set aside for serving.

**3. STICKY, SMOKY KASSLER** When the potatoes have 10 minutes remaining, return the pan to a medium-high heat. Lightly coat the pork in oil, pepper, and the smoked paprika to taste. When the pan is hot, cook the pork fat-side down for 3-5 minutes until the fat is rendered and golden. Then, fry the flesh for about 1 minute per side. Add in half of the honey-mustard dressing and fry for another minute per side until cooked through and sticky. Remove from the pan and allow to rest for 3-5 minutes.

**4. ASSEMBLE THE SALAD** Slice a quarter of the apple into thin wedges and place in a bowl, setting aside the remainder for another meal. Add in the shredded butter lettuce, the cucumber half-moons, and the remaining honey-mustard dressing. Toss to combine and set aside for serving.

**5. JACKET POTATOES** Once the potatoes are cooked, carefully spoon the flesh into a bowl without breaking the skin, and fluff up with a fork. Mix in a small knob of butter and some seasoning, and return to the skins.

**6. DISH IT ALL UP** Plate up the buttery baked potato, top with a big dollop of chive crème fraîche, and side with the glazed pork kassler. Sprinkle the toasted seeds over the apple salad and serve on the side. Garnish with the remaining chopped chives. Guten Appetit!



## Chef's Tip

Using a pair of kitchen scissors, make a few incisions in the surface of the kassler fat to prevent the meat from buckling during frying.

## Nutritional Information

Per 100g

Energy	550kj
Energy	131Kcal
Protein	6.7g
Carbs	10g
of which sugars	3.6g
Fibre	1.5g
Fat	7.2g
of which saturated	3.5g
Sodium	302mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within 3  
Days