Eat Within 2 Days

# UCOOK

## Tangy Bulgur & Kassler

**with balsamic vinegar**

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Jade Summers

**Wine Pairing:** Creation Wines | Creation Viognier

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 603kJ | 3489kJ |
| Energy | 144kcal | 835kcal |
| Protein | 8.4g | 48.6g |
| Carbs | 15g | 85g |
| of which sugars | 3g | 17.5g |
| Fibre | 2.3g | 13.6g |
| Fat | 5.8g | 33.6g |
| of which saturated | 2.8g | 16.5g |
| Sodium | 379mg | 2196mg |

**Allergens:** Sulphites, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** None

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|---|---|---|
| 75ml | 150ml | Bulgur Wheat |
| 3g | 5g | Fresh Parsley<br>*rinse, pick & roughly chop* |
| 20g | 40g | Piquanté Peppers<br>*drain* |
| 75g | 75g | Julienne Carrots |
| 50g | 100g | Cucumber<br>*rinse & roughly dice* |
| 40g | 80g | Danish-style Feta<br>*drain* |
| 75g | 150g | Sliced Onions |
| 40g | 80g | Corn |
| 180g | 360g | Pork Kassler Steak Chunks |
| 30ml | 60ml | White Balsamic Vinegar |

## From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. LOAD THE BULGUR Boil the kettle. Place the bulgur wheat in a pot with 150ml [300ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, and fluff with a fork. Toss through the parsley, the peppers, the carrots, the cucumber, the feta, and season.

2. ONION & CORN Place a pan over medium heat with a drizzle of oil. When hot, fry the onion, and the corn until golden, 4-5 minutes (shifting occasionally). Remove from the heat and add to the bulgur.

3. CRISPY KASSLER Return the pan to medium heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, fry the kassler until crispy, 5-6 minutes (shifting occasionally). Remove from the pan and set aside.

4. THIS WILL FILL YOU UP! Dish up the bulgur salad and top with the kassler. Drizzle over the balsamic vinegar.