



UCOOK

Smoky Pork Kassler Tagliatelle

with sunflower seeds, peas & a fresh salad

Get the delectably salty bacon flavour you love from these crispy cubes of pork kassler. Tumbled through an elegant sauce of fresh cream, white wine, grated Italian-style hard cheese, & peas. Served with a leafy salad for that pop of freshness.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Alex Levett

Quick & Easy

Deetlefs Wine Estate | Deetlefs Stonecross
Chardonnay

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Ingredients & Prep

100g	Tagliatelle Pasta
180g	Pork Kassler Steak Cubes
1	Onion <i>peel & roughly dice</i>
1	Garlic Head <i>peel & roughly chop</i>
30ml	White Wine
60ml	Fresh Cream
15ml	Grated Italian-style Hard Cheese
40g	Peas
20g	Salad Leaves <i>rinse & roughly shred</i>
10g	Sunflower Seeds
10ml	Lemon Juice

From Your Kitchen

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

1. PASTA PARTY Bring a pot of salted water to a boil for the pasta. When the water is boiling, cook the pasta until al dente, 10-12 minutes. Drain, reserving a cup of pasta water, and toss through some oil to prevent sticking.

2. CRISPY KASSLER Place a pan over medium-high heat with a drizzle of oil. When hot, fry the kassler cubes until crispy, 5-6 minutes (shifting occasionally). Remove from the pan (reserving any rendered fat) and set aside. Remove from the pan and drain on paper towel.

3. SIMMERING AWAY... Return the pan to medium heat with a drizzle of oil or a knob of butter. When hot, fry the diced onion until soft, 4-5 minutes (shifting occasionally). Add the chopped garlic and fry until fragrant, 30-60 seconds (shifting constantly). Deglaze the pan with the wine. Stir in the cream and $\frac{3}{4}$ of the grated cheese. Reduce the heat and simmer until slightly reduced, 2-3 minutes (stirring occasionally). Add the cooked pasta, the peas, the crispy kassler, and seasoning. Toss until fully combined. If the sauce is too thick, gradually add the reserved pasta water until a silky consistency.

4. CRISPY, CREAMY & CHEESY! In a salad bowl, toss together the rinsed salad leaves, $\frac{3}{4}$ of the sunflower seeds, a drizzle of olive oil and seasoning. Dish up the creamy kassler pasta and sprinkle over the remaining grated cheese and sunflower seeds. Serve with the crunchy green salad on the side and finish with a drizzle of lemon juice. You've earned it, Chef!



Chef's Tip

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

Nutritional Information

Per 100g

Energy	755kJ
Energy	181kcal
Protein	8.5g
Carbs	13g
of which sugars	2.5g
Fibre	1.5g
Fat	8.5g
of which saturated	3.9g
Sodium	300mg

Allergens

Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Alcohol

Eat
Within
3 Days