



UCOOK

Kassler Pork Caesar Salad

with avocado & browned butter croutons


Load your dinner plate with flavours of crisp, fresh greens, salty kassler pork cubes, creamy avo, brown-butter basted croutons & loads of zesty lemon juice. Finished with a gorgeous Dijon-mustard, anchovy & yoghurt dressing that will have you going back for fourths and fifths!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Adventurous Foodie

 Sijnn Wines | Sijnn White Blend

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Ingredients & Prep

35ml	Caesar Dressing <i>(5ml Dijon Mustard & 30ml Low Fat Plain Yoghurt)</i>
1	Lemon <i>cut into wedges</i>
30g	Italian-style Hard Cheese <i>½ grated & ½ peeled into ribbons</i>
5g	Anchovies <i>drained</i>
7,5ml	NOMU Provençal Rub
1	Avocado
180g	Pork Kassler Steak Cubes
1	Garlic Clove <i>peeled & grated</i>
1	Sourdough Baguette <i>½ cut into bite-sized chunks</i>
40g	Green Leaves <i>rinsed & roughly shredded</i>
1	Tomato <i>½ cut into half-moons</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender
Butter
Sugar/Sweetener/Honey

1. DRESSED FOR DINNER In a blender, add the caesar dressing, a squeeze of lemon juice (to taste), the grated cheese, the drained anchovies (to taste), ½ the NOMU rub, a drizzle of olive oil, a sweetener, and seasoning. Pulse until smooth. Loosen with a splash of water until desired consistency. Set aside.

2. HAVO SOME AVO Halve the avocado and set aside half for another meal. Peel the skin off, keeping the flesh intact. Thinly slice the avocado. Drizzle over a squeeze of lemon juice and season.

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

4. BROWNED BUTTER Return the pan to a medium heat with 20g of butter and any rendered fat. Cook for 2-3 minutes until the butter is golden brown. Remove from the pan and place in a bowl along with the grated garlic, the remaining NOMU rub, and seasoning.

5. CRISPY CROUTONS Return the pan to a medium-high heat. When hot, toast the bread chunks until crispy, 2-3 minutes (shifting occasionally). In the final minute, drizzle over the garlic browned butter.

6. PLATE UP PERFECTION Make a bed of the shredded green leaves. Top with the tomato half-moons, the avocado slices, and the kassler cubes. Drizzle over the creamy dressing. Scatter over the browned butter croutons and the cheese ribbons. Serve with any remaining lemon wedges on the side. Well done, Chef!

Nutritional Information

Per 100g

Energy	651kJ
Energy	156kcal
Protein	8.9g
Carbs	12g
of which sugars	1.6g
Fibre	2.4g
Fat	8.6g
of which saturated	2.7g
Sodium	472mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 2
Days