



More Than Food
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Mustardy Gammon Steaks with Roasties and Lentils

It seems a strange concept that gammon could win an award. Images of an X-Factor style panel of judges glaring at a nervous steak spring to mind. But these gammon steaks from our fantastic butcher Nick 'The Knife' went all the way to the judges house (their kitchen to be precise) recently. We've teamed them up with a spoonful of our favourite wholegrain mustard, for a duet that's bound to go to number 1!

 40 mins

 lactose free

 healthy

 gluten free



Red Potato (1 pack)



Red Onion (1)



Leek (2)



Organic Lentils (1 tin)




Gammon Steak (2)



Cider & Horseradish Wholegrain Mustard (1 tsp)

Ingredients

	2 PEOPLE	ALLERGENS
Red Potato, chopped	1 pack	
Red Onion, sliced	1	
Leek, sliced	2	
Organic Lentils	1 tin	
Gammon Steak	2	
Cider & Horseradish Wholegrain Mustard	1 tsp	Mustard

 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

The name mustard comes from when the Romans used to mix unfermented grape juice, known as “MUST”, with ground mustard seeds to make burning must, known as “mustum ARDens”.

Nutrition per serving: Calories: 720 kcal | Protein: 47 g | Carbs: 84 g | Fat: 23 g | Saturated Fat: 5 g

1



1 Pre-heat your oven to 220 degrees. Chop the **potato** into 2cm cubes. Peel and chop the **onion** in half, then very finely slice it into half moon shapes. Top and tail the **leeks** and slice into 1cm discs.

3



2 Toss the **potatoes** in 1 tbsp of **olive oil**. Place on a baking tray and sprinkle with a good pinch of **salt** and **pepper**. Roast on the top shelf of your oven for around 30 mins until crispy.

3



3 Heat 1 tbsp of **olive oil** on low heat in a saucepan. Stir in the **onions** with ¼ tsp of **salt** and a pinch of **sugar** (if you have it). Place a lid on the pan and very gently cook for 15 mins. Meanwhile, drain and rinse the **lentils** under running water. Add the **lentils** to the **onion** mixture and gently cook for an additional 5 mins.

6



4 About 15 mins before the **potatoes** are ready, toss the **leeks** in 2 tsp of **olive oil** and add them to the baking tray of potatoes in the oven.

5 If you have a separate grill, then pre-heat it to medium-high now. If you don't have a separate grill, then move the **potatoes** and **leeks** to the middle shelf of the oven while you grill the **gammon** above.

6 Rub a little **olive oil** and **pepper** onto each steak. Place them on a metal rack, resting on a baking tray. Place on the highest shelf under the grill and cook for around 4-5 mins on each side. **Tip:** *The gammon is cooked when it's nicely browned off and slightly charred at the edges.*

7 Toss together the **potatoes**, **leeks** and the caramelised **onion** and **lentil** mixture. Taste for seasoning and add **salt** and **pepper** if needed.

8 Slice the steaks in half and arrange over the vegetables. Top with a little dollop of **cider & horseradish wholegrain mustard** and get stuck in!